THE SATURDAY EVENING POST

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Nov./Dec. '96

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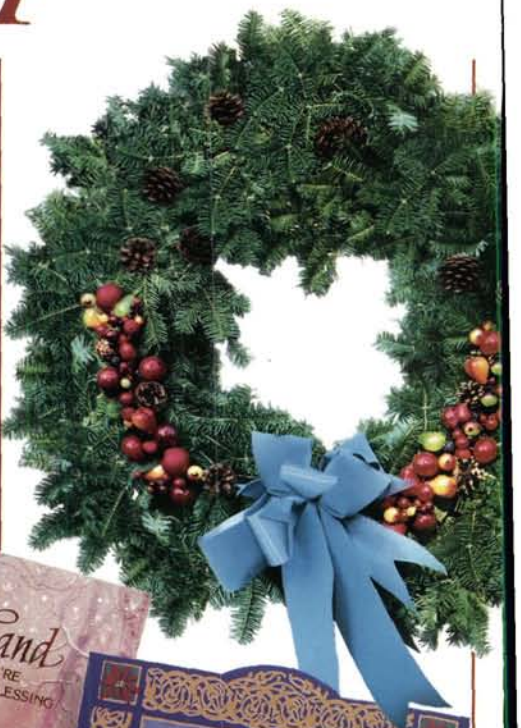

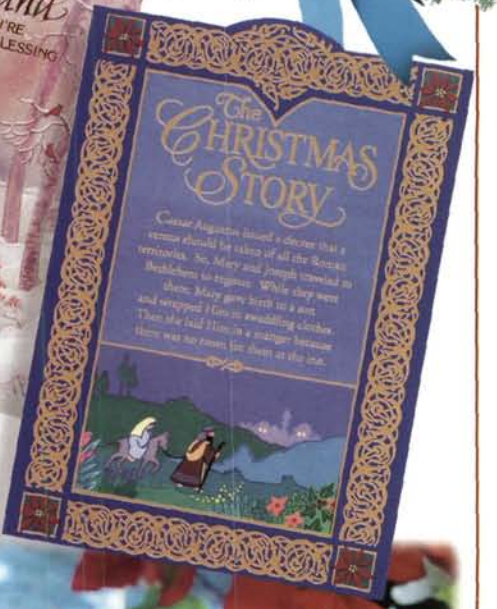

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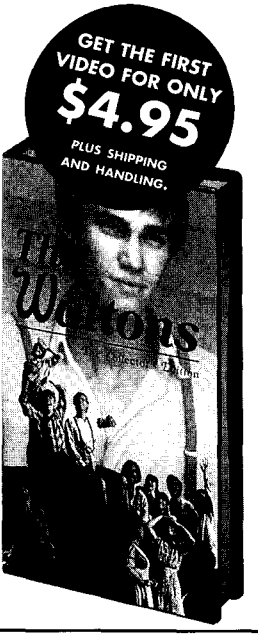

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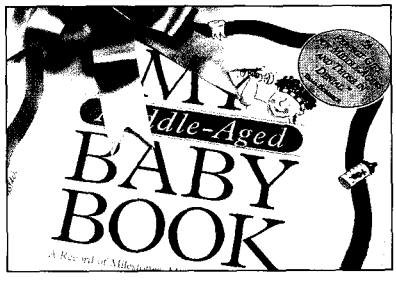
A Heavenly Misfit Becomes a Star—in Charles Tazewell's timeless holiday classic, *The Littlest Angel.* 38

Focusing on Managers—whose ability to inspire can make the vital difference between business failure and success. 44



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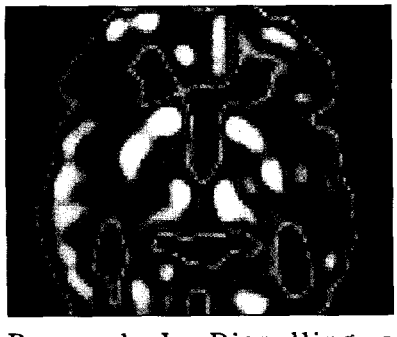

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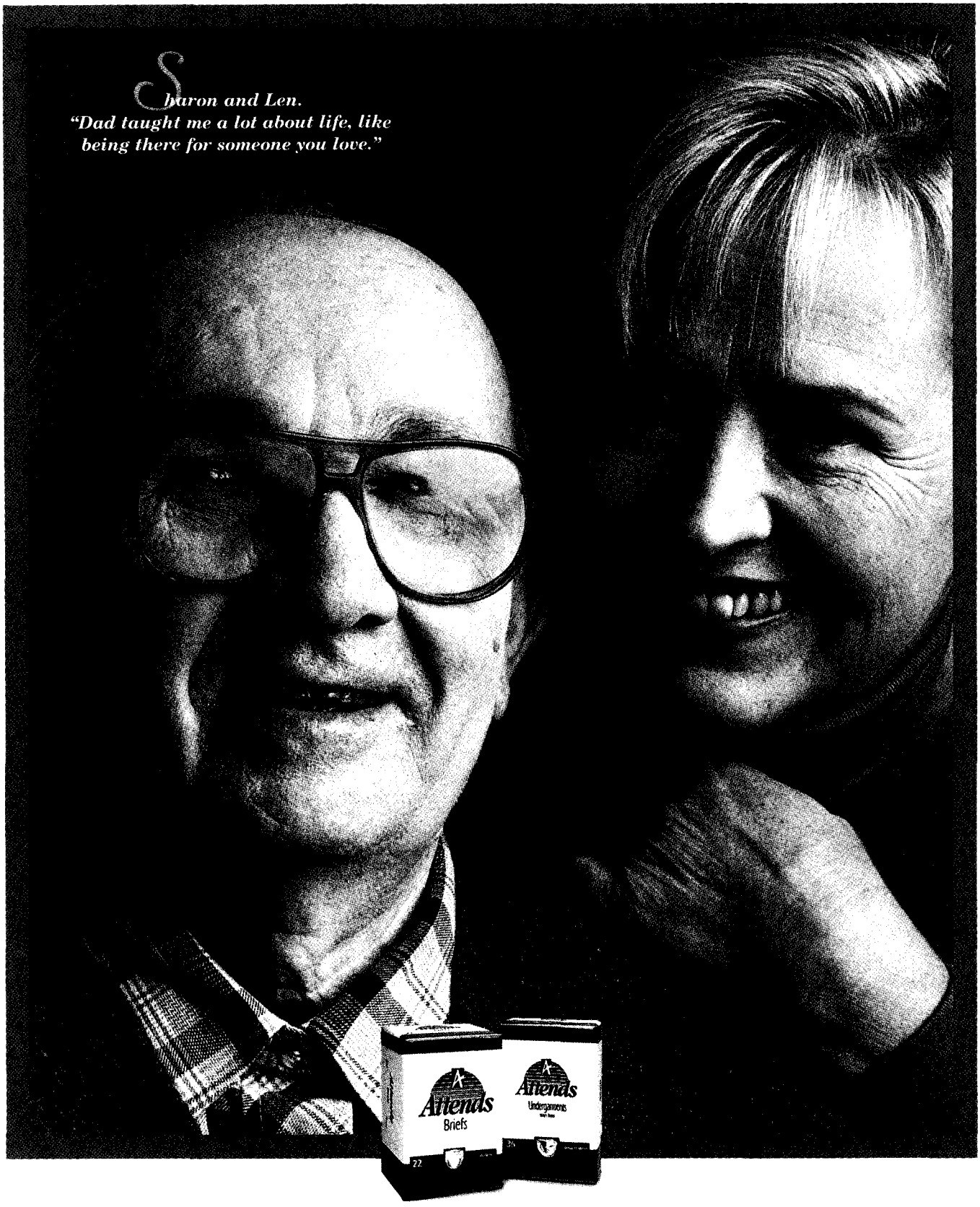

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Letters

We Need to "Adopt" a Different Attitude!

Just finished reading the insert about "Post People." Mainly the one about Pet Adoptathon '96. A great concept and glad so many prominent folks are backing it. But let's be realistic; one weekend a year is not going to greatly reduce the number of unwanted cats, dogs, kittens, and puppies that are being killed each year for lack of a home.

My family has six cats and four dogs, all rescues and all spayed or neutered. And therein is the essence of what we need—people to spay or neuter their pets!

A weekend of adoption may save a few thousand animals, but it will not help the majority of the 12 to 15 million cats and dogs that are killed each year in the United States.

Won't your magazine please do more to promote spaying and neutering?

Bonnie LaValley
Benton Harbor, Michigan

Music to Our Ears

I am writing in praise of your magazine. I love it. I subscribed to your magazine for my piano studio, and all my students' parents enjoy it also.

So many magazines have articles and pictures that I don't feel comfortable having in my home for children to pick up. Your magazine is refreshing.

All the cartoons and, especially, the Norman Rockwell art bring back so many great memories of my childhood, when almost every home got *The Saturday Evening Post*. I can still recall going through and reading all the jokes first, and the Rockwell covers were a trademark. Bravo for bringing back a great magazine. Thank you so much.

Linda Waltermire
Moon Township, Pennsylvania

The Reading Lesson

This is a true story told to me by my father, George C. Campbell, an engineering student at the Iowa State College of Agriculture and Mechanic Arts in the 1920s: One day the professor in one of my father's engineering courses was not there to meet his class. As the class waited, another of the engineering faculty entered the classroom, closed the door, mounted the platform, and sat down behind the desk facing the class. "Professor Blank is ill," he announced.

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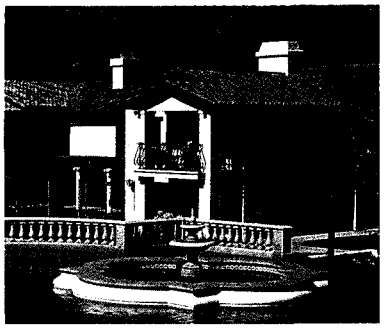

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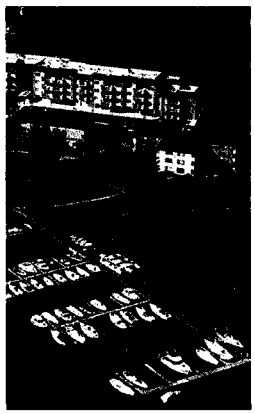

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"I am your substitute."

He opened his briefcase, removed a magazine and opened it. It was *The Saturday Evening Post*. From it he proceeded to read—aloud—a short story by William H. Upson about Alexander Botts, a salesman for the Earthworm Tractor Company. At the conclusion of the story, he closed the magazine, put it back in his briefcase, rose, and addressed the class, "Let's not tell Professor Blank what we did in class today." And he was gone.

My father graduated and became an engineer for the Bethlehem Steel Company. As a family we subscribed to a fair range of "grown up" magazines, and my father read them to me—both fiction and nonfiction—from as far back as I can remember. He also told me the story of the substitute professor . . . and I think he considered that class period of equal value with those other class periods that taught him the engineering skills and theory that he used daily in his life's work.

Douglas G. Campbell
Traverse City, Michigan

Sailor, Take Warning!

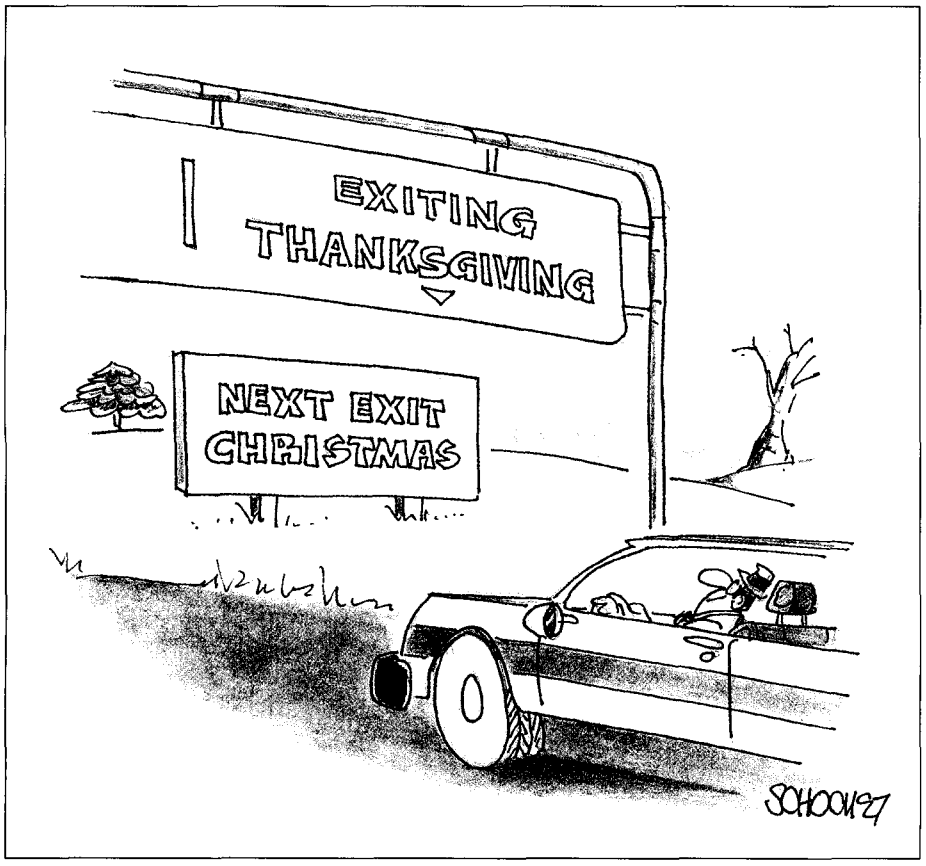
I was pleased and interested to again see *The Saturday Evening Post* September 15, 1945, Norman Rockwell cover of the sailor in a hammock in your July/August '96 issue (page 26). It brings back many memories.

Leo "Mickey" Maguire, now living in Lancaster, South Carolina, was the subject of Mr. Rockwell's painting. The artist "borrowed" Mickey and several other articles for the drawing, including shoes, blouse, and campaign ribbons.

At the time, Mickey and I were shipmates at Williams College, Williamstown, Massachusetts, in the World War II Navy V-12 Officers' Training Program.

It was also interesting and gratifying to see that the cigarette pack in the shoes of the original "sailor in a hammock" Rockwell drawing was missing in your July/August '96 issue. Congratulations for being consistent in your concern for our better health by *not* promoting tobacco products even in a Norman Rockwell drawing. We didn't know the dangers of tobacco to our health in 1945, but we do now.

C. Bruce Wright
Rowley, Massachusetts



Reaping What We Sow

Each issue of the *Post* surpasses the previous one. I agree with Anne Ryder that the public has a deep desire for positive programs. The report of her trip to Calcutta to witness the work of Mother Teresa, as written by Patrick Perry, was excellent. There should be more publicity about individuals who are uplifting humanity.

The Ted Kreiter article of "Fred Meijer: Minding the Megastore" also reminds us that many people are engaged in helpful activities. These are two examples of "And let us not be weary in well doing; for in due season we shall reap, if we faint not."

Your magazine is outstanding in presenting information and inspiration to its fortunate readers.

Carmen Harris
Buffalo, New York

For Adults Only

My husband and I recently began a new subscription to your magazine, which we greatly enjoy.

However, there is something lacking which we'd like to bring to your attention. Years ago you had fiction for your adult readers and serial stories, also. As indicated on two of your cover reproductions (which are great!) there is a continuing story about Jack London and one about the Red-

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Headed Woman.

What are the chances of again seeing this type of writing in *The Saturday Evening Post*?

We have seen your Read-Aloud Stories for Children, which is fine. However, the oldsters in your readership would appreciate the kind of stories I mentioned, in addition to all the great stuff you do have.

Please think it over!

Evelyn & Luther Smith
Fairfield, Pennsylvania

Does Schooling Interfere with Child's Education?

How sad it is to read of another "wunderkind" who, at 11 years of age, is postgraduate college, full of information, and evidently has had no music, no playing in an orchestra or band, no dance, no painting, no drawing, no sewing, woodworking, etc.

While his parents seem well-endowed to raise these children, why has work with hands been denied? Have the arts been discarded? Time will tell the effect this neglect will engender.

Irene Morgan
Tappan, New York

Weighty Matters

We love your *Family Cookbook*. I showed it to a friend of mine who was so impressed with it. She has a weight problem and is just beginning to show interest in proper nutrition.

What must I do to get a cookbook for her and her family?

Could I send it along with a gift subscription to the *Post*? I will be glad to pay for it—extra for the cookbook. It is so important she get started using these terrific recipes.

Marion Boruen
Madison, New Jersey

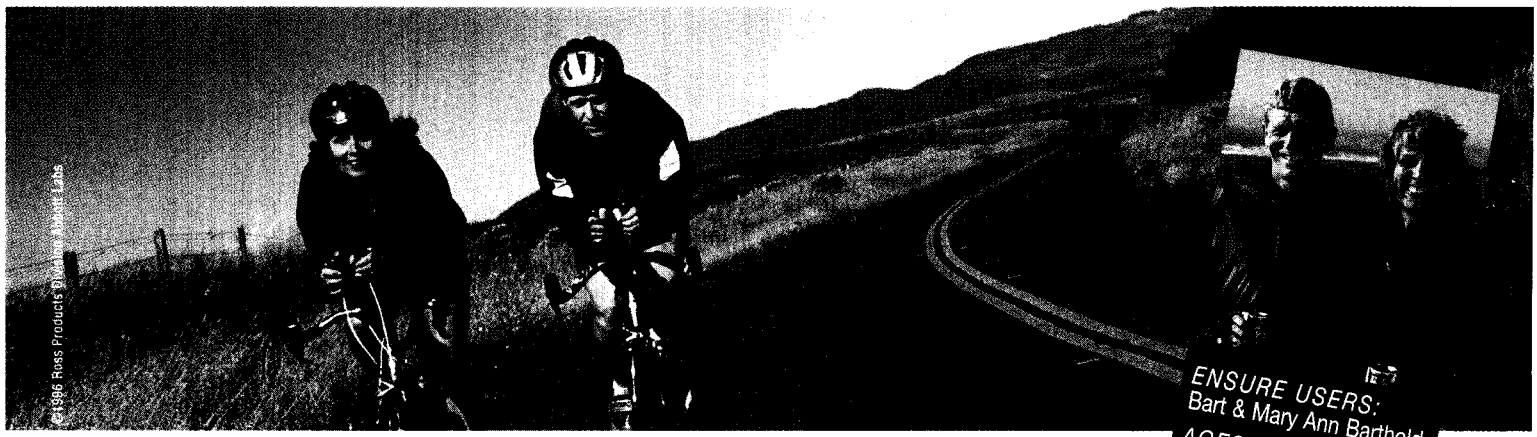
Editor's note: You can order The Saturday Evening Post Family Cookbook *for $6.45 plus $2.00 p&h from Armchair Shopper, P.O. Box 130, Dept. 1196, Indpls., IN 46206. Visa, MasterCard, Discover, personal check, or call 1-800-558-2376.*

Eliminating Certain Foods Solves Problem

The article on herpesvirus lesions in your Nov./Dec. 1995 issue helped me solve my problem with canker sores.

I'd always experienced the occasional canker sore, and they didn't concern me. A few years ago, however, the number of cankers increased dramatically, so I began eliminating foods and changing toothpaste brands in a desperate search for the cause. Unfortunately, I didn't think the

continued on page 12



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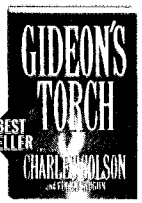

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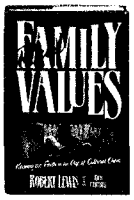

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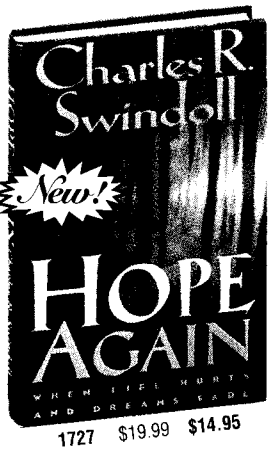

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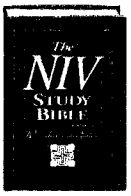

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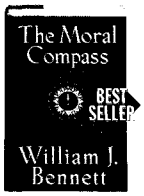

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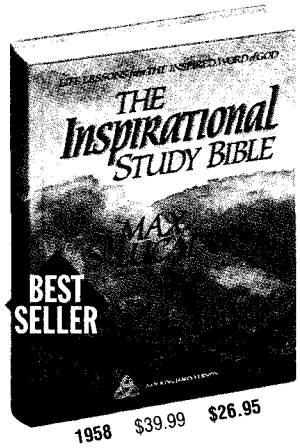

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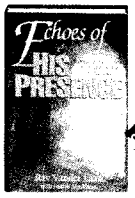

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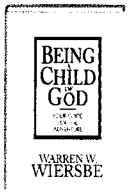

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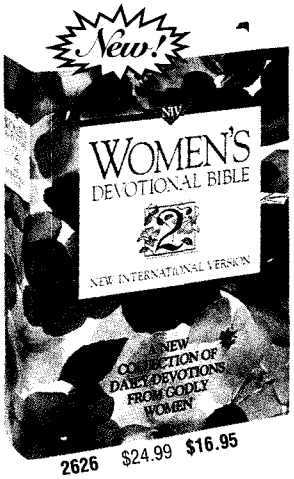

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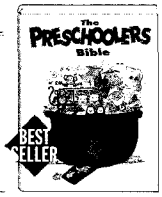

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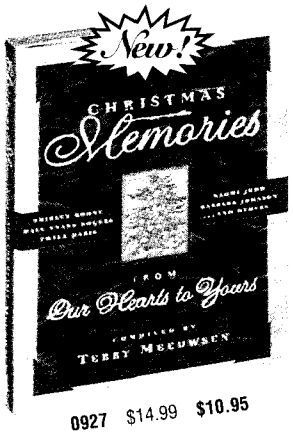

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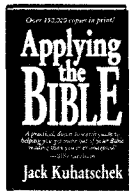

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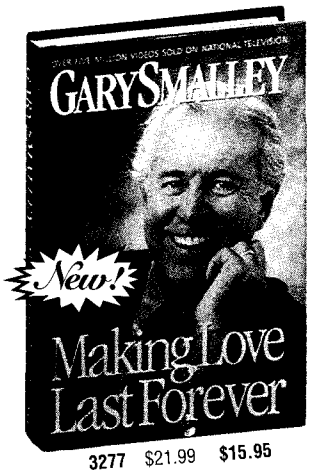

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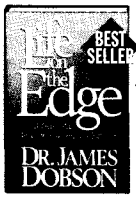

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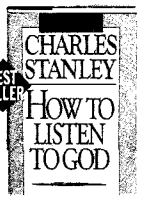

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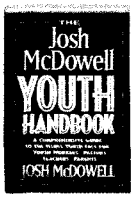

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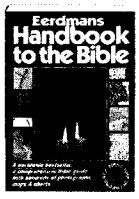

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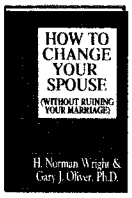

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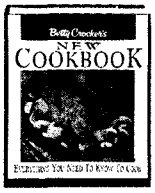

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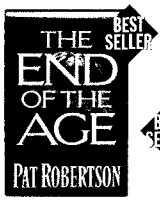

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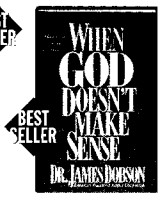

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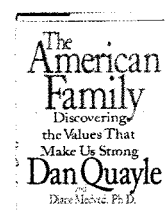

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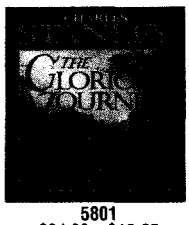

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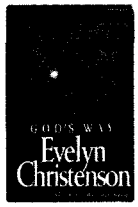

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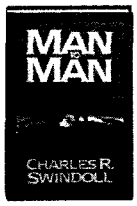

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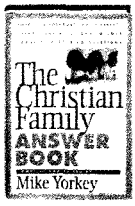

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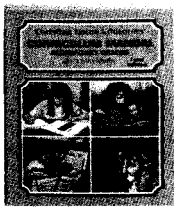

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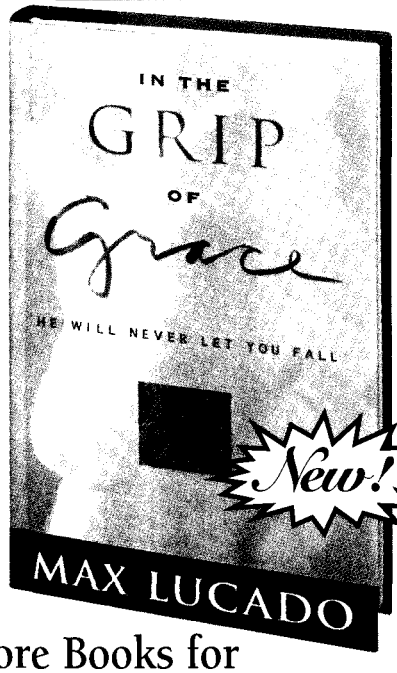

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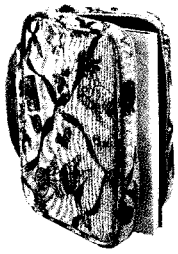

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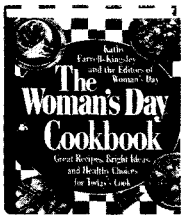

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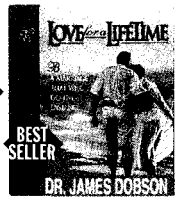

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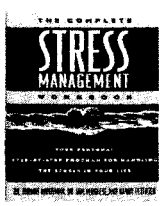

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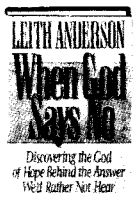

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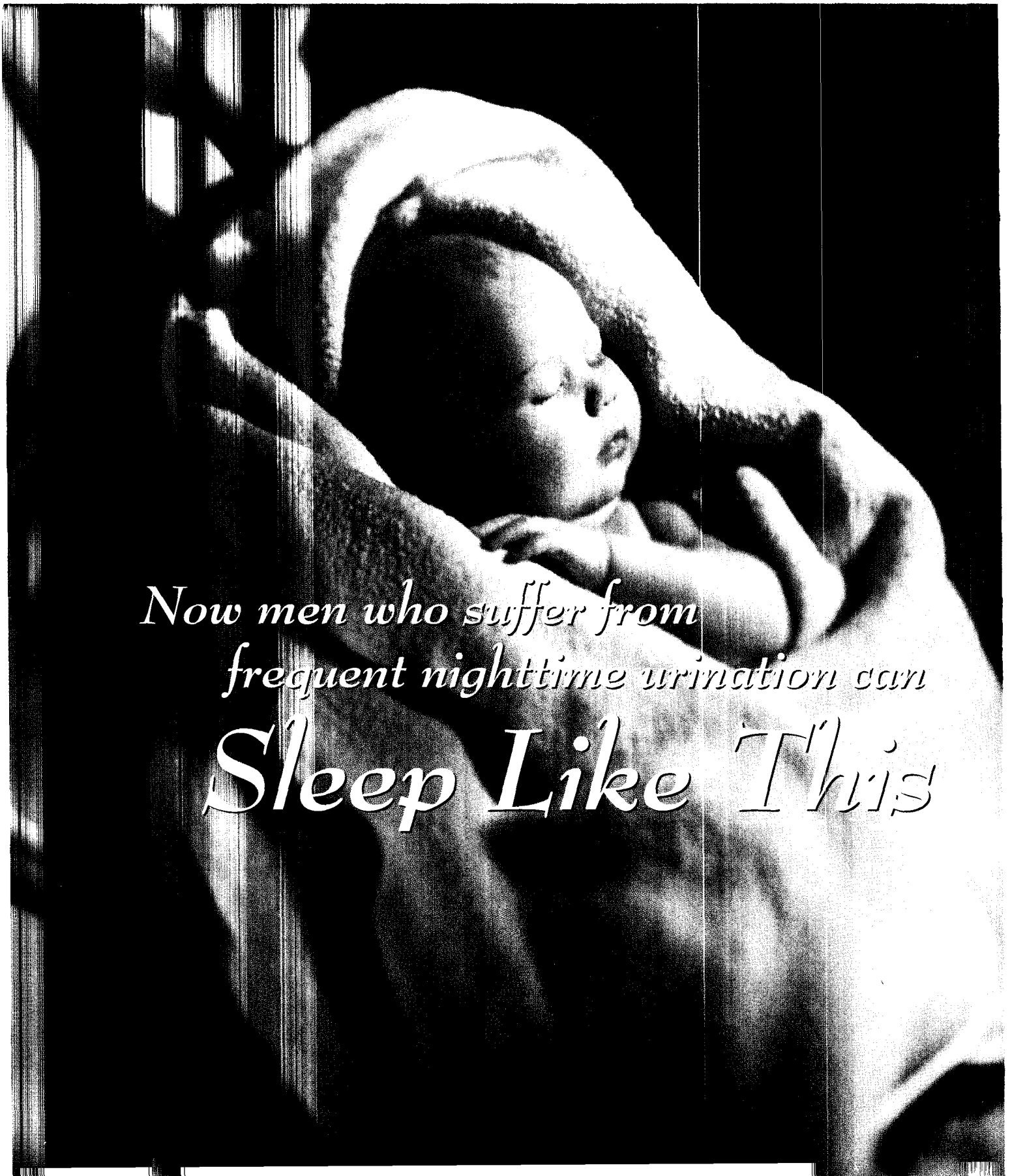

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CARDURA®.
The fast, easy treatment for frequent nighttime urination due to BPH.

Frequent nighttime urination is a common and bothersome symptom of benign prostatic hyperplasia (BPH), a noncancerous enlargement of the prostate gland occurring most often in men over the age of 50.

Cardura is a simple, once-daily tablet that quickly relieves urination problems caused by BPH, meaning your bladder can empty completely and you won't have to wake up as often at night to go to the bathroom.

Cardura may begin to improve urinary flow—day and night—in as little as 1 to 2 weeks.

Cardura is available only by prescription. So ask your physician if **Cardura** is right for you—if it is, your doctor can provide you with a trial pack to get you started.

Cardura can cause a sudden drop in blood pressure at the beginning of treatment or if you miss doses and then start taking the medication again. You may feel dizzy, faint, or light-headed, particularly after getting up from a chair or bed. Speak to your doctor about oral medications like Cardura and other treatment options for BPH such as regular monitoring of the condition or surgery.

Please see important information on the next page.

ONCE-A-DAY
CARDURA®
(doxazosin mesylate) Scored Tablets
1 mg, 2 mg, 4 mg, 8 mg

Cardura. Because BPH shouldn't be something to lose sleep over.

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ONCE-A-DAY
CARDURA®
(doxazosin mesylate) Scored Tablets 1 mg, 2 mg, 4 mg, 8 mg

PATIENT INFORMATION ABOUT CARDURA®
Generic Name:
doxazosin mesylate
FOR BENIGN PROSTATIC HYPERPLASIA (BPH)

Read this information:

- before you start taking CARDURA®
- each time you get a new prescription.

You and your doctor should discuss this treatment and your BPH symptoms before you start taking CARDURA® and at your regular checkups. This information does NOT take the place of discussions with your doctor.

CARDURA® is used to treat both benign prostatic hyperplasia (BPH) and high blood pressure (hypertension). This information describes CARDURA® as treatment for BPH (although you may be taking CARDURA® for both your BPH and high blood pressure).

What is BPH?

BPH is an enlargement of the prostate gland. This gland surrounds the tube that drains the urine from the bladder. The symptoms of BPH can be caused by a tensing of the enlarged muscle in the prostate gland which blocks the passage of urine. This can lead to such symptoms as:

- a weak or start-and-stop stream when urinating
- a feeling that the bladder is not completely emptied after urination
- a delay or difficulty in the beginning of urination
- a need to urinate often during the day and especially at night
- a feeling that you must urinate immediately.

Treatment Options for BPH

The four main treatment options for BPH are:

- If you are not bothered by your symptoms, you and your doctor may decide on a program of "watchful waiting." It is not an active treatment like taking medication or surgery but involves having regular checkups to see if your condition is getting worse or causing problems.
- Treatment with CARDURA® or other similar drugs. CARDURA® is the medication your doctor has prescribed for you. See "What CARDURA® Does," below.
- Treatment with the medication class of 5-alpha reductase inhibitors (e.g. Proscar®). It can cause the prostate to shrink. It may take 6 months or more for the full benefit of finasteride to be seen.
- Various surgical procedures. Your doctor can describe these procedures to you. The best procedure for you depends on your BPH symptoms and medical condition.

What CARDURA® Does

CARDURA® works on a specific type of muscle found in the prostate, causing it to relax. This in turn decreases the pressure within the prostate, thus improving the flow of urine and your symptoms.

- CARDURA® helps relieve the symptoms of BPH (weak stream, start-and-stop stream, a feeling that your bladder is not completely empty, delay in beginning of urination, need to urinate often during the day and especially at night, and feeling that you must urinate immediately). It does not change the size of the prostate. The prostate may continue to grow; however, a larger prostate is not necessarily related to more symptoms or to worse symptoms. CARDURA® can decrease your symptoms and improve urinary flow, without decreasing the size of the prostate.
- If CARDURA® is helping you, you should notice an effect within 1 to 2 weeks after you start your medication. CARDURA® has been studied in over 900 patients for up to 2 years and the drug has been shown to continue to work during long-term treatment.

  Even though you take CARDURA® and it may help you, CARDURA® may not prevent the need for surgery in the future.
- CARDURA® does not affect PSA levels. PSA is the abbreviation for Prostate Specific Antigen. Your doctor may have done a blood test called PSA. You may want to ask your doctor more about this if you have had a PSA test done.

Other Important Facts

- You should see an improvement of your symptoms within 1 to 2 weeks. In addition to your other regular checkups you will need to continue seeing your doctor regularly to check your progress regarding your BPH and to monitor your blood pressure.
- CARDURA® (doxazosin mesylate) is not a treatment for prostate cancer. Your doctor has prescribed CARDURA® for your BPH and not for prostate cancer; however, a man can have BPH and prostate cancer at the same time. Doctors usually recommend that men be checked for prostate cancer once a year when they turn 50 (or 40 if a family member has had prostate cancer). A higher incidence of prostate cancer has been noted in men of African-American descent. These checks should continue even if you are taking CARDURA.®

How To Take CARDURA® and What You Should Know While Taking CARDURA® for BPH

CARDURA® Can Cause a Sudden Drop in Blood Pressure After the VERY FIRST DOSE. You may feel dizzy, faint or "light-headed," especially after you stand up from a lying or sitting position. This is more likely to occur after you've taken the first few doses or if you increase your dose, but can occur at any time while you are taking the drug. It can also occur if you stop taking the drug and then restart treatment. If you feel very dizzy, faint or "light-headed" you should contact your doctor. Your doctor will discuss with you how often you need to visit and how often your blood pressure should be checked.

Your blood pressure should be checked when you start taking CARDURA® even if you do not have high blood pressure (hypertension). Your doctor will discuss with you the details of how blood pressure is measured.

Blood Pressure Measurement: Whatever equipment is used, it is usual for your blood pressure to be measured in the following way: measure your blood pressure after lying quietly on your back for five minutes. Then, after standing for two minutes measure your blood pressure again. Your doctor will discuss with you what other times during the day your blood pressure should be taken, such as two to six hours after a dose, before bedtime or after waking up in the morning. Note that moderate to high-intensity exercise can, over a period of time, lower your average blood pressure.

You can take CARDURA® either in the morning or at bedtime and it will be equally effective. If you take CARDURA® at bedtime but need to get up from bed to go to the bathroom, get up slowly and cautiously until you are sure how the medication affects you. It is important to get up slowly from a chair or bed at any time until you learn how you react to CARDURA.® You should not drive or do any hazardous tasks until you are used to the effects of the medication. If you begin to feel dizzy, sit or lie down until you feel better.

- You will start with a 1 mg dose of CARDURA® once daily. Then the once daily dose will be increased as your body gets used to the effects of the medication. Follow your doctor's instructions about how to take CARDURA.® You must take it every day at the dose prescribed. Talk with your doctor if you don't take it for a few days for some reason; you may then need to restart the medication at a 1 mg dose, increase your dose gradually and again be cautious about possible dizziness. Do not share CARDURA® with anyone else; it was prescribed only for you.
- Other side effects you could have while taking CARDURA,® in addition to lowering of the blood pressure, include dizziness, fatigue (tiredness), swelling of the feet and shortness of breath. Most side effects are mild. However, you should discuss any unexpected effects you notice with your doctor.
- Keep CARDURA® and all medicines out of the reach of children.

FOR MORE INFORMATION ABOUT CARDURA® AND BPH TALK WITH YOUR DOCTOR, NURSE, PHARMACIST OR OTHER HEALTH CARE PROVIDER.

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culprits would be my favorites, nuts and popcorn. The article by Ted Kreiter helped me find the answer.

Our daughter is allergic to nuts, and when she was home, I did not use nuts in my baking. After she left home, I began enjoying baking with nuts and sunflower seeds, and it was then that my problem with canker sores intensified.

The article sidebar listed arginine and lysine content in common foods and was very helpful. I've eliminated those foods and have not had a canker sore since. Thank you so much.

M. Eleanor Maisey
Lethbridge, Alberta, Canada

The Common Touch

Having been a Rockwell buff for these many years, I'd never seen a *Post* until the July/August '96 issue. I suppose I always thought the *Post* was either no longer printed or was for folks with much different views than I. I was wrong on both accounts.

After only a few pages, I knew why the *Post* has been so popular for so long. You have the pulsebeat of the common man. I can assure you this issue is just the first of many good reads for me.

Archie L. Tucker
Naples, Italy

A Promising Reply

This last year I became one of many admirers of your magazine, and I intend to remain a faithful reader.

You bring medical advice, Christian awareness, stories for children, and humor and history to your readers. Your article on the Promise Keepers was marvelous. Many people had the incorrect information regarding the movement. Holly Miller did a fantastic job.

Keep up the good work! I pass my latest issues of the *Post* on to a local hospital where I do volunteer work.

Isabel Gauthier
Yakima, Washington

Deep Appreciation for Rockwell

I am 11 years old, and I collect Norman Rockwell pictures and all other Rockwell stuff. I asked my mom to subscribe to the *Post,* and she lets me put your magazines in my collection.

Could you please put more Rockwell on the covers, have another Rockwell anniversary issue (I missed that one), and more of his paintings inside? I'd deeply appreciate it if you did.

Brandy Boyle
Coleman, Michigan

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How Did Madeline Balletta Make Ben Kinchlow A Bee-liever?

Madeline and Ben are two dynamic, gifted people who love the Lord and are busy about the work He has given them to do. But sometimes even the most dedicated servants need a little help! Madeline has found the answer . . . and now Ben's discovered it, too!

Ben first met Madeline over 6 years ago in California while working on a television program. He was instantly captured by her warm and caring spirit, as well as her boundless enthusiasm! "There she was, at 2:00 in the morning, a 5 foot bundle of energy and there I was, a 6 foot bundle of rags!" exclaimed Ben. As co-host of the popular 700 Club, Ben's life was a hectic scramble of travel and personal appearances. Even though Ben enjoyed good health, many times he found himself fatigued and lacking the vitality he needed to fulfill all of his responsibilities.

Madeline, herself, experienced a severe need years ago when she became so fatigued that she could not even care for her family. "Waking up everyday was a chore, and I could do nothing but pray for an answer!" said Madeline. At that time, a concerned friend told her about the importance of good nutrition and introduced her to one of nature's most wondrous gifts: Royal Jelly. This precious natural substance, known as the food of the Queen Bee, has been used for centuries in Europe and the Orient for its amazing benefits. It is a powerhouse of vitamins and minerals and provides all of the essential amino acids. It contains B-complex vitamins and is a particularly rich source of pantothenic acid (B5). Through this miraculous food and a healthier lifestyle, God restored Madeline to the person He intended her to be. She was once again able to care for her family and began to truly enjoy life! Her vision to share this gift and to help others feel their best became the inspiration she needed to start her own company. At Bee-Alive, we believe Royal Jelly is one of many natural substances God has created for His people.

Today, 11 years later, Madeline keeps a schedule that amazes even Ben! She travels extensively doing TV and radio interviews, as well as conducts seminars teaching about good nutrition and the many benefits of Bee-Alive Royal Jelly! In Ben's words, "Bee-Alive Royal Jelly makes such a difference in my life — I wouldn't go a day without it. I recommend it highly."

Like Ben, thousands have learned how good nutrition and Bee-Alive Royal Jelly can make a dynamic difference in the way they feel. As he travels around the country, he loves to hear their personal success stories. Listen to just a few . . .

"Modern medicine often times does not recognize what nature has to offer. I feel Royal Jelly is a natural product that incorporates many of the things I believe in for correct holistic and preventative care!"
Neil Block, M.D., Orangeburg, NY

"I was very skeptical about your Bee-Alive products but I'm a Bee-liever now! As a single mother of 2, working full-time, my increased energy and well-being are true gifts. Thank you!"
Sabrina Shapiro, Citrus Heights, CA

"I'm 75 and I started taking Royal Jelly 6 years ago because I needed some extra energy. I now walk a few miles a day and I even keep up with my grandchildren. They say, 'Go, Go Grandma!' But the best part is that it's done so much more for me than I expected — I actually feel better than I have in years!"
Edith Strack, Lakeland, FL

"After taking Royal Jelly for just 3 weeks, I began to feel better. I've been back to work now for 2 months and I'm feeling as good as I did 10 years ago. I don't get tired and fatigued anymore. I just want to thank you for helping me!"
Shirley Whitt, Newfoundland, Canada

Ben says . . .
"If you're sick and tired of feeling tired, take charge of your life like I did! Call Bee-Alive toll-free at 1-800-543-BEES! Tell 'em Ben sent ya . . . and receive a $25 FREE Gift when you order."

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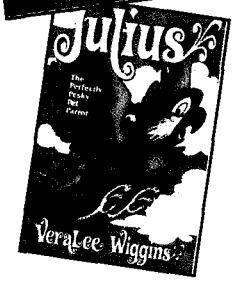
Delightful Stories for Children

FROM PACIFIC PRESS PUBLISHING

Tina

VeraLee Wiggins. When her father brought home a nearly-dead baby fox, Sara promised to take care of it night and day. Before long, Tina the red fox was racing through the house, jumping off Sara's head in the garden, and bringing home kittens and chickens as friends! Paper, 96 pages. US$5.99/Cdn$8.49. ISBN 0-8163-1321-0.



Julius Again!

VeraLee Wiggins. Julius is in love! When a stray parrot makes her home in Mitch's backyard, Julius starts a family. The pesky pet helps Mitch accept change and a new dad. Paper, 96 pages. US$5.99/Cdn$8.49. ISBN 0-8163-1239-7.

You'll want to read *Julius* if you haven't already done so. US$5.99/Cdn$8.49. ISBN 0-8163-1173-0.

The Shoebox Kids Mystery Series from Jerry D. Thomas

The Missing Combination Mystery

If only they could find the missing combination to the safe so they could unlock the secret inside. Meanwhile, Chris starts feeling jealous about Ryan's sudden popularity with the gang after he rescues Willie from disaster. ISBN 0-8163-1276-1.

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The Case of the Secret Code

ISBN 0-8163-1249-4.

The Mysterious Treasure Map

ISBN 0-8163-1256-7.

Paper, 96 pages. US$5.99/Cdn$8.49 each.

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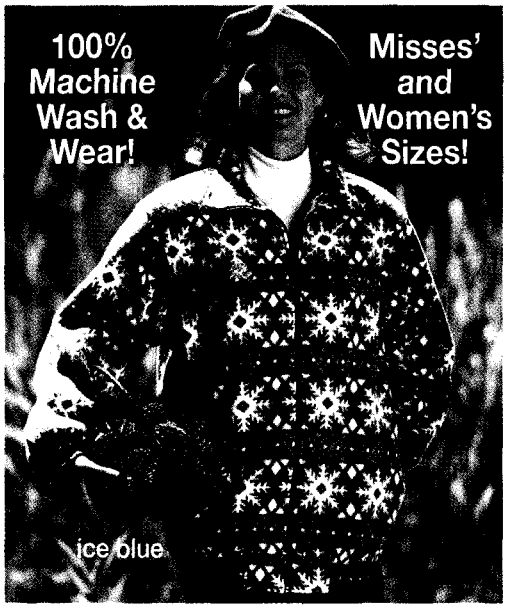

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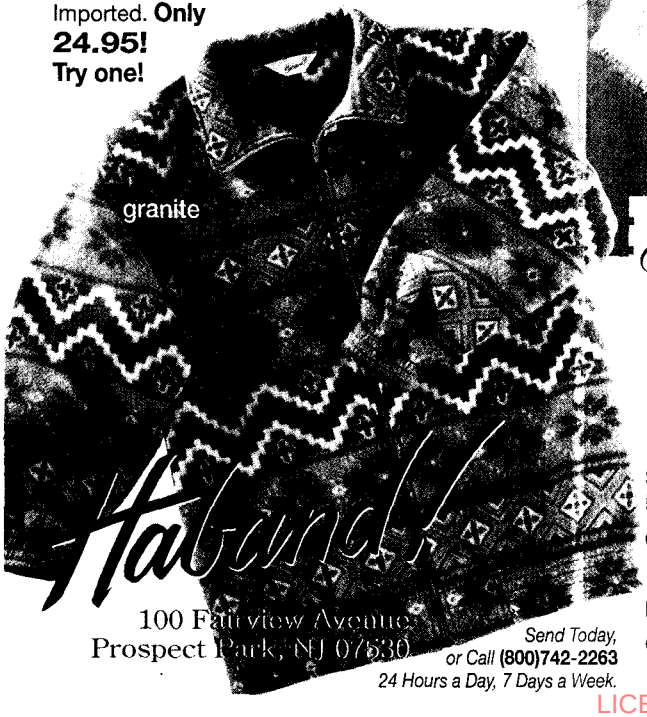

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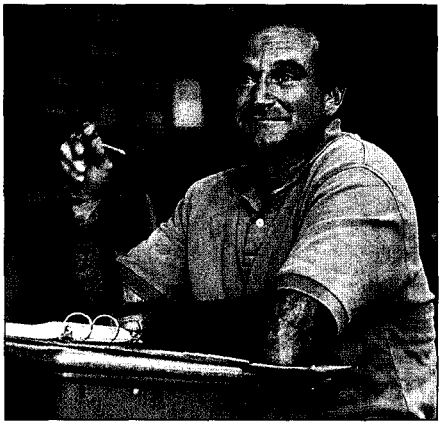
Post People

Can you imagine comedian ***Robin Williams*** afflicted with a genetic condition that causes his body to age four times faster than the normal rate? If you can't, see the movie *Jack*.

We offer a sneak preview: His parents and tutor (Bill Cosby) kept Jack sheltered from the outside world until this fast-forward kid finally embarks on the greatest adventure of his life—the fifth grade.

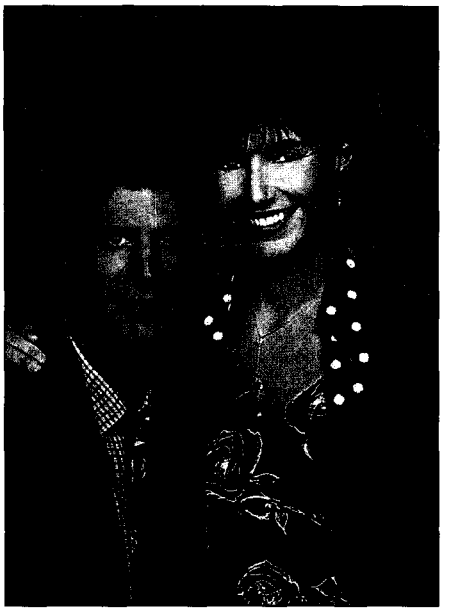


Director Francis Ford Coppola—stricken with polio at age nine, paralyzed and confined to his bedroom for a year, and hungry to be with other kids—says, "In reading *Jack* I was moved, because that was precisely his problem."

Robin Williams is a familiar face and voice to young and old alike. Who doesn't recognize his voice-over role as "Genie" in the *Alladin* movies and his cross-dressing portrayal of *Mrs. Doubtfire*? Williams' own experiences with Make-a-Wish Foundation helped him empathize with Jack's situation. "Children have an undaunted spirit," the actor says. "Even kids who are terminally ill and know something is deeply wrong still have a child's energy and this ability to say, 'Hey, I'm a kid; enjoy me.' "

Yes, you'll laugh . . . but don't forget to bring a hanky. ▲

Veteran TV actor ***Ted Danson*** has two more reasons to "cheer." There's his recent marriage to actress ***Mary Steenburgen*** and the merger of their two families: her two children, ages 15 and 13, and his two, ages 16 and 11. The couple is also looking forward to working together in a new half-hour sitcom on CBS. Titled "Ink," it will be based on a divorced couple running a city newspaper where *she's* the boss. Ouch!

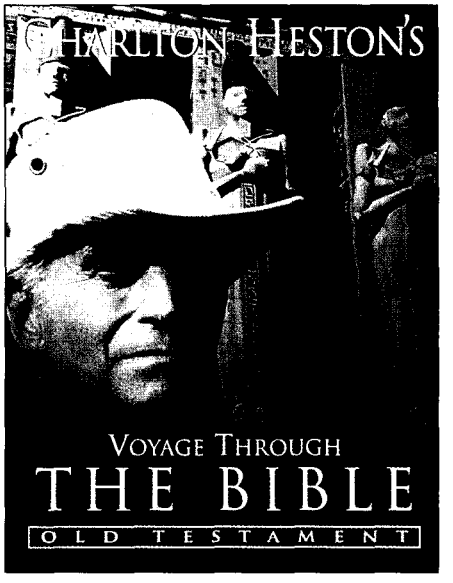


Danson, 48, who has two Emmy Awards and two Golden Globe Awards from starring for 12 seasons as bartender Sam Malone on NBC's hit series "Cheers," says, "I went through a lot and finally came out the other side of adolescence. I now have a shot at adulthood. Men are slow. Well, this one was."

Of his new life with Steenburgen, he says only, "It's a great dance." No elucidation needed. ▲

Who better than ***Charlton Heston*** to take us on a *Voyage Through the Bible*? And what better way to journey than by the famous actor's new solo CD-ROM performance?

Heston narrates the New Testament and the Old Testament on two new



CDs that, combined, offer more than an hour of cherished Bible stories illustrated by on-location motion video shot in the Holy Land and by more than 200 master works of art, including those of da Vinci, Michelangelo, Botticelli, van Gogh, and Dali, with music from Bach and Mozart, as well as Gregorian chants.

"*Voyage Through the Bible* is an actor's dream," Heston says of his latest accomplishment. "I play all the parts, from Moses for the second time, to both Adam and Eve, to the serpent, to God Almighty. These roles are some of the best ever written." ▲

If the name ***Hugh O'Brian*** ever comes up, one immediately thinks of him as TV's sharpshooting Wyatt Earp in the 1950s. You may not know, however, that in 1958, a nine-day visit to the African clinic of Dr. Albert Schweitzer changed O'Brian's life to where, he says, "it has never been the same."

One statement by Dr. Schweitzer did the trick: "The most important thing in education is to teach young people to think for themselves." Schweitzer's inspiration led to the formation of the Hugh O'Brian Youth Foundation (HOBY).

Its mission: to bring together high-school sophomores for seminars with distinguished leaders in industry, education, government, and the professions. For four decades, HOBY has helped young people make a difference by becoming positive catalysts for change—in the home, in the workplace, in the community.

O'Brian proudly states that HOBY has already touched more than 160,000 young lives, the result of running 76 three-day seminars each spring in the United States, Canada, the Bahamas, and Mexico, as well as one nine-day International Leadership Seminar. ▲

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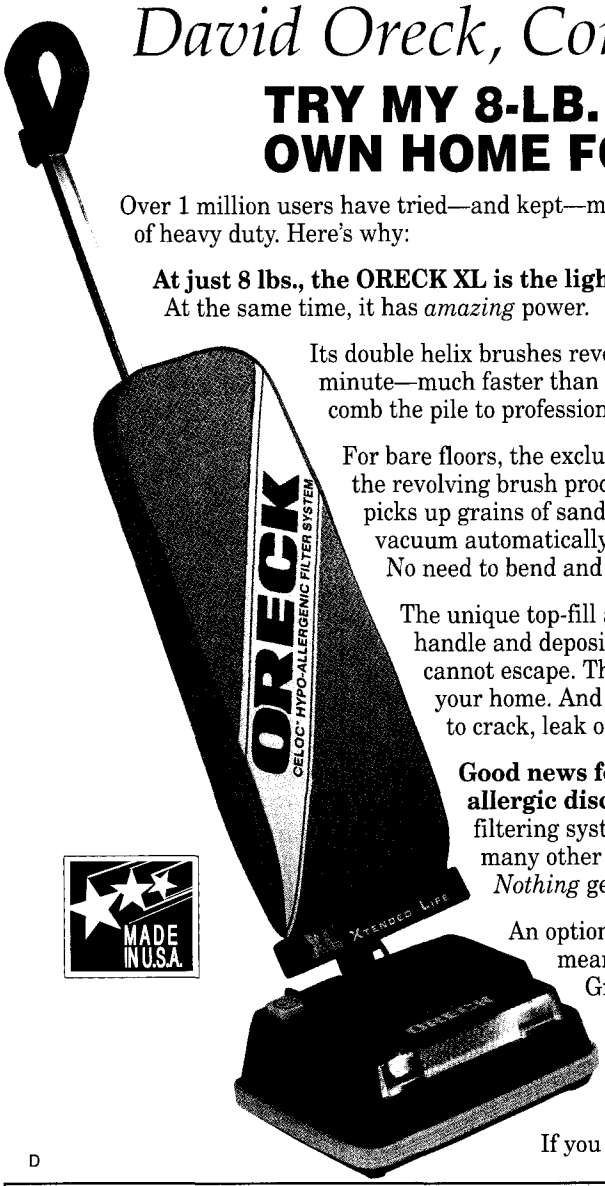

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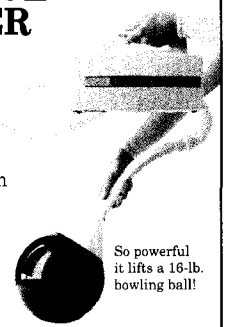

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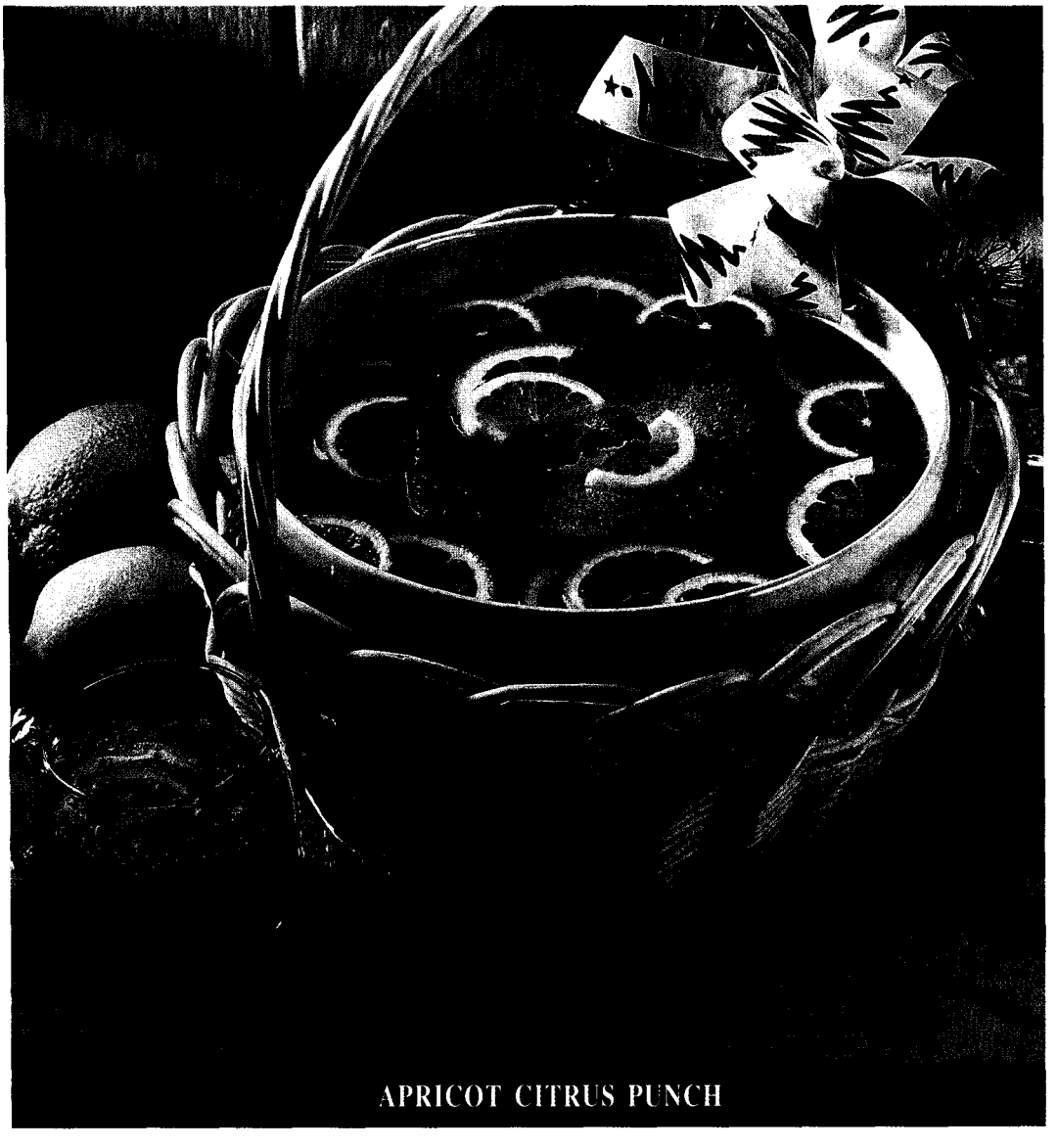
FOOD

THE HOLIDAY GIFT OF CITRUS

These tasteful presents come already wrapped in bright orange, yellow, and tangerine.

No Christmas would be quite complete without citrus fruits. Oranges, lemons, tangerines, and grapefruits put punch in our Christmas entertaining and zest in our Christmas breads and seasonings. Gifts of fruit are always welcome, whether colorful baskets of whole fruits or wholesome citrus baked goods, relishes, or no-salt citrus seasonings. Prepared with loving hands and packaged in eye-catching containers, these fruit gifts convey the wish for health and happiness for the season and the new year to come. Welcome guests to your home with a sparkling citrus punch (hot or cold), and make the following citrus recipes part of a new tradition of tasteful gift-giving to friends and relatives this season.



APRICOT CITRUS PUNCH

APRICOT CITRUS PUNCH
(Makes about 10 cups)

5 cups fresh-squeezed orange juice, chilled (15 to 20 oranges)
2 cups apricot nectar, chilled
1 cup fresh-squeezed grapefruit juice, chilled (1½-2 grapefruits)
2 cups cherry-flavored sparkling water, chilled ice cubes
2 oranges, cut in half-cartwheel slices

In large punch bowl, combine orange juice, apricot nectar, and grapefruit juice. Add sparkling water, ice cubes, and orange slices; stir gently.

Per Serving (4 oz.):
Calories: 49 Carbohydrate: 11.2 gm
Cholesterol: 0 mg Protein: 0.6 gm
Sodium: 2 mg Fat: 0.2 gm
Diabetic exchange: 1 fruit (5 oz.)

LOW-SODIUM HERB SEASONING
(Makes about 7 teaspoons)

Grated peel of ½ lemon
2 teaspoons dried parsley flakes
½ teaspoon garlic powder
½ teaspoon dried oregano or basil leaves, crushed
½ teaspoon dried marjoram leaves, crushed
¼ teaspoon ground allspice
¼ teaspoon pepper

Combine all ingredients and refrigerate in covered container. To use, sprinkle as desired over meat, poultry, or fish before broiling or baking.

Per Serving (1 teaspoon):
Calories: 3 Carbohydrate: 0.5 gm
Cholesterol: 0 mg Protein: 0.1 gm
Sodium: 1 mg Fat: trace
Diabetic exchange: free list

LEMON-CORN RELISH
(Makes six ½-pint jars)

4¼ cups canned whole-kernel corn, undrained (no salt added, if desired)
1 cup chopped onion
1 cup chopped celery
1 cup chopped sweet green pepper
2 tablespoons sugar
2 teaspoons dry mustard
1 teaspoon celery seed
1 teaspoon ground turmeric
½ teaspoon salt (if desired)
¼ teaspoon white pepper
½ cup cold water
3 tablespoons all-purpose flour
Grated peel of 2 lemons
Juice of 1 lemon (⅓ cup)

In a large saucepan, combine undrained corn, onion, celery, green

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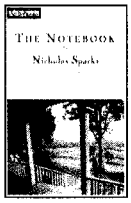
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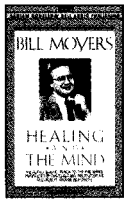
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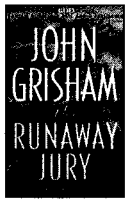
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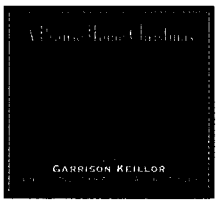
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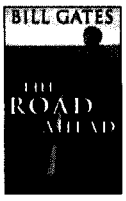
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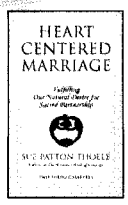
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pepper, sugar, mustard, celery seed, turmeric, salt, and white pepper; bring to boil. Reduce heat; cover and simmer 10 minutes. Gradually blend water into flour; add to corn mixture. Stir in lemon peel and juice; simmer 2-3 minutes longer, stirring until mixture thickens slightly. Pour into hot sterilized ½-pint jars with lids, filling to within ⅛" of top; cover. Relish will keep, refrigerated, up to one week.

Per Serving (¼ cup):
Calories: 54 Carbohydrate: 11.9 gm
Cholesterol: 0 mg Protein: 1.2 gm
Sodium: 167 mg* Fat: 0.2 gm
*with salt added
Diabetic exchange: 1 bread (⅓ cup)

WARMING WINTER PUNCH
(Makes about 8 cups)

1 orange, unpeeled, cut in half-cartwheel slices
1 lemon, unpeeled, cut in half-cartwheel slices
2 cups water
4 cinnamon sticks
8 whole cloves
4 cups fresh-squeezed orange juice
2 cups pineapple juice
Juice of 2 lemons (⅔ cup)

Place citrus slices in heat-proof bowl or large pitcher. In large saucepan, combine water and spices; bring to boil. Reduce heat and simmer, uncovered, 10 minutes. Add juices and heat. Do not boil. Pour over citrus slices; stir well.

Per Serving (4 oz.):
Calories: 54 Carbohydrate: 12.4 gm
Cholesterol: 0 mg Protein: 0.6 gm
Sodium: 2 mg Fat: 0.2 gm
Diabetic exchange: 1 fruit (5 oz.)

WHOLE WHEAT ORANGE AND CARROT LOAF
(Makes 1 loaf, 12 slices)

1¼ cups whole wheat flour
1 teaspoon ground cinnamon
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt (if desired)
½ cup egg substitute
Grated peel and juice of 1 orange (⅓ cup juice)
⅓ cup honey
¼ cup vegetable oil
1 cup shredded carrots
½ cup chopped English walnuts
½ cup raisins

In large bowl, combine flour, cinnamon, baking powder, baking soda, and salt. Combine egg substitute, orange peel and juice, honey, and oil; add to dry ingredients all at once. Stir quickly just until dry ingredients are moistened. Stir in carrots, walnuts, and raisins. Pour into 9"x5"x3" loaf pan sprayed with noncaloric vegetable-based spray. Bake at 350° F. for 1 hour, or until a toothpick inserted in center comes out clean.

Cool 10 minutes; remove from pan. Cool on wire rack.

Per Serving (1 slice):
Calories: 195 Carbohydrate: 26.4 gm
Cholesterol: 0 mg Protein: 4.0 gm
Sodium: 113 mg Fat: 8.1 gm
Diabetic exchange: 1¼ bread + ½ fruit + 1½ fat

LEMONY YEAST BREAD
(Makes 2 loaves)

3 oz. skim milk
¼ cup sugar
2 tablespoons margarine
1 package active dry yeast
¼ cup warm water
½ cup egg substitute
Grated lemon peel (3-4 tablespoons)
3 cups bread flour
¼ cup golden raisins
¼ cup chopped walnuts

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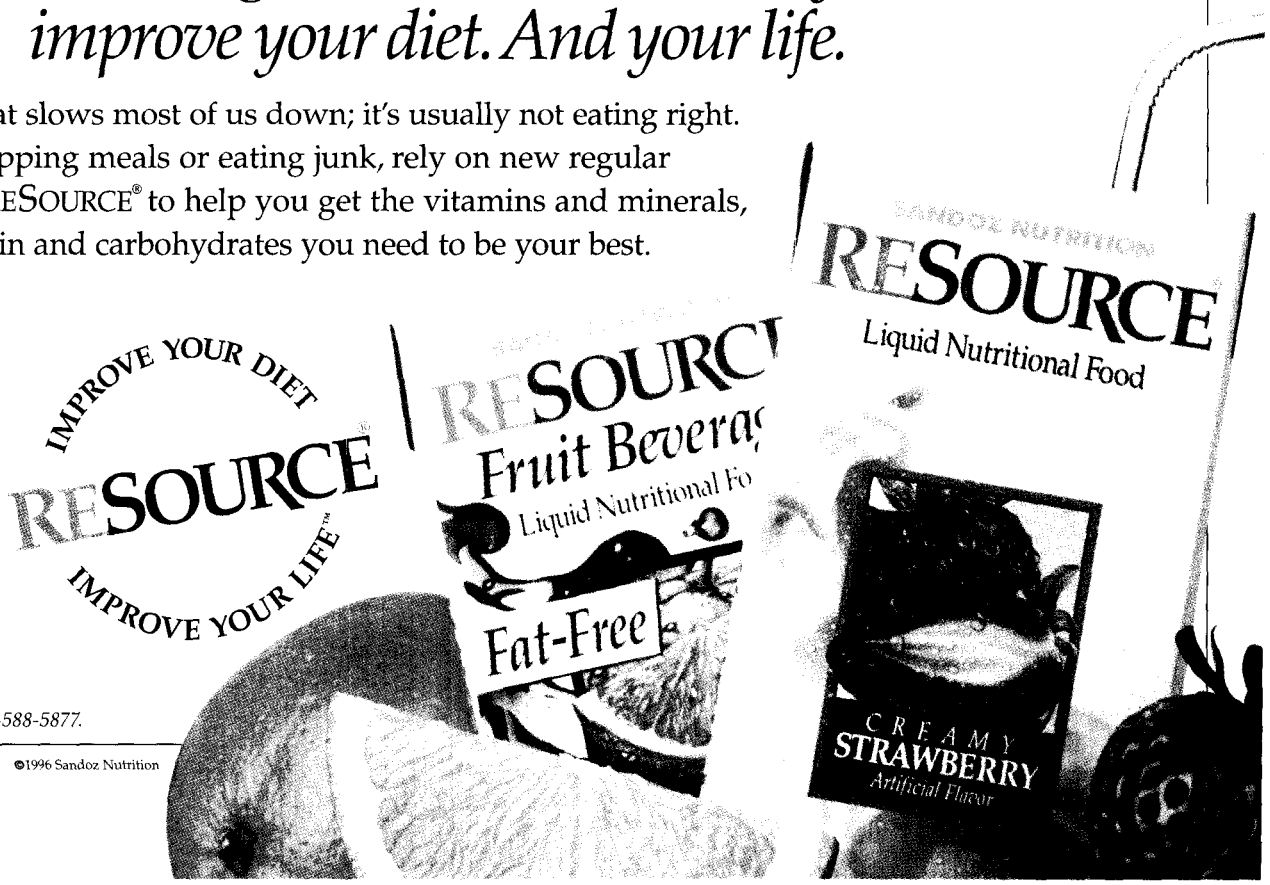

Questions? Call: 1-800-588-5877.

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½ cup confectioners' sugar
2 tablespoons lemon juice
8 maraschino cherries, cut in half (if desired for garnish)

In small saucepan, heat milk, sugar, and margarine, stirring to dissolve sugar; cool to lukewarm. In large bowl, sprinkle yeast over warm water, stirring to dissolve yeast. Add milk mixture, egg substitute, and lemon peel. Stir in 2 cups flour; beat until smooth. Stir in enough remaining flour to make stiff dough. Place dough on lightly floured board; knead until smooth and elastic, about 5-10 minutes. Place in greased bowl, turning dough to coat all sides. Cover; let rise in warm place (80-85° F.) until doubled, about 1 hour and 15 minutes. Punch down dough. Place on lightly floured board. Knead in raisins and chopped walnuts, about 5 minutes.

Divide dough in half. Roll each half into rectangle about 12"x4". Cut each lengthwise into 3 pieces. Roll to shape each piece into a "rope." To form one loaf, loosely braid 3 ropes together. Pinch and tuck ends under to seal. Place on greased baking sheet. Repeat with remaining 3 ropes to form second loaf. Cover; let rise until doubled, about 1 hour. Bake at 375° F. 20-25 minutes. Remove to wire racks.

To make glaze, combine confectioners' sugar and lemon juice; drizzle over warm bread. Garnish with maraschino cherries.

If using a bread maker, follow manufacturer's directions.

Per Serving (1 slice):
Calories: 96 Carbohydrate: 17.0 gm
Cholesterol: trace Protein: 2.5 gm
Sodium: 67 mg Fat: 2.0 gm
Diabetic exchange: 1 bread + ⅓ fat

ORANGE-PUMPKIN BREAD
(Makes 1 loaf, 12 slices)

1 large unpeeled orange
2 cups all-purpose flour
¾ cup sugar
1¼ teaspoons baking soda
½ teaspoon baking powder
¾ teaspoon ground cloves
¾ teaspoon ground cinnamon
¾ teaspoon ground nutmeg
¾ teaspoon pumpkin pie spice
¼ teaspoon salt (if desired)
½ cup + 2 tablespoons egg substitute, or 4 egg whites
1 cup mashed cooked pumpkin, or solid-pack pumpkin
¼ cup vegetable oil
¾ cup chopped English walnuts
¾ cup chopped dates
¾ cup golden raisins

Trim thin slice from each end of orange; cut fruit in half lengthwise. With shallow "V" shape cut, remove white center core. Cut halves into small chunks. In food processor or blender, purée orange chunks to yield about 2 cups. Sift together dry ingredients. In large bowl, beat egg substitute until foamy; stir in pumpkin, oil, and orange purée. Add dry ingredients and beat well. Stir in walnuts, dates, and raisins. Pour into 9"x5"x3" loaf pan sprayed with noncaloric vegetable-based spray. Bake at 325° F. 1 hour and 10 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool on wire rack.

Per Serving (1 slice):
Calories: 308 Carbohydrate: 49.3 gm
Cholesterol: 0 mg Protein: 5.8 gm
Sodium: 167 mg Fat: 9.7 gm
Diabetic exchange: 1½ bread + 1½ fruit + 2 fat

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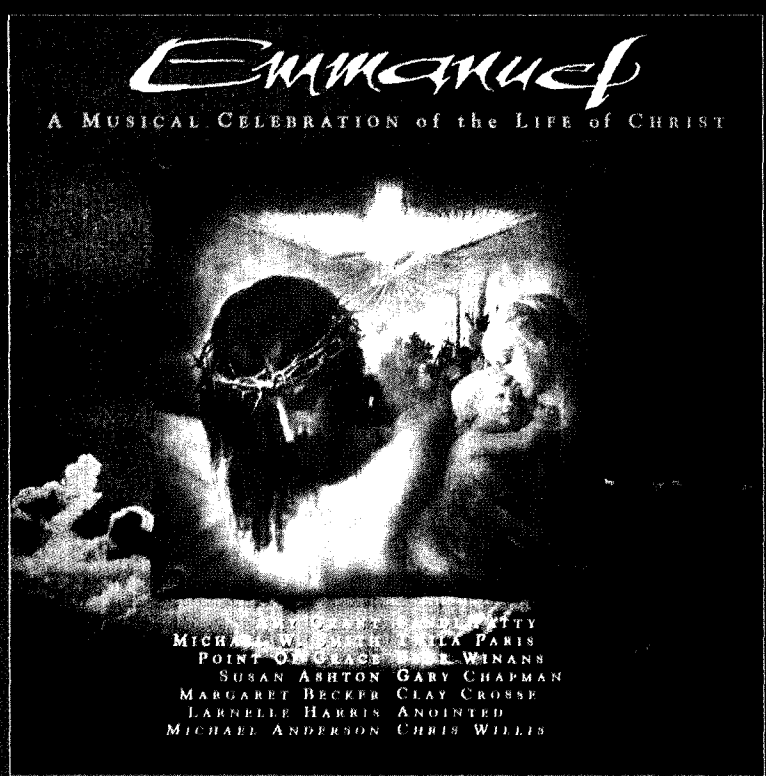
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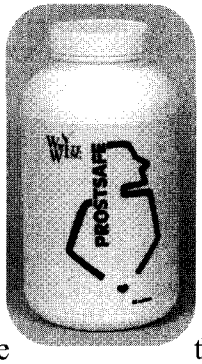
Prevent uncontrollable wetting!
Improve bladder control!
Empty bladder completely!
Sit through an entire sports event !

It's a natural fact. If you are a male over 40 and don't already suffer from a prostate gland disorder, the odds are 2 to 1 that you will before you are 59. By the age of 65, most American men have enlarged prostates. As the years pass, mild discomforts can become disabling. Today, prostate surgery is the second most commonly performed surgery for non-cancerous BPH in men over age 65! Some surgical complications can result.

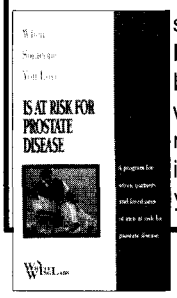
Prescription drugs may halt the swelling, but many prescription drugs may also have side effects. Many doctors feel that disorders of BPH can be treated or prevented by giving the prostate gland the nutrition it lacks.

Recent scientific research has shown how to remedy the underlying problems associated with disorders of BPH -- safely and effectively. These results have been published in the *British Journal of Clinical Pharmacology* and the *American Journal of Gerontology*. They reveal that several vitamins, minerals and natural herbs can dramatically shrink the prostate and improve urinary performance in older men.



The most modern application of these healthy ingredients is found in Prostsafe® from Whitewing Labs. Prostsafe is the nutritional "tool kit" for men with benign prostate problems, and those who wish to prevent them. It is a mixture of zinc, serenoa serrulata, ginseng, certain amino acids, bee pollen and vitamins A, B-6 and E. These ingredients have been shown to help shrink a swollen prostate.

FREE VIDEO GIFT WITH PURCHASE It's wise to "get smart" about prostate health. With your first purchase of Prostsafe you will receive the video "When Someone You Love is at risk of prostate disease". This $19.95 value will be yours **FREE, while supplies last**. This video reviews all apects of prostate health. It's a can't miss item to understand what is going on with your body and your prostate gland and it's FREE. Order today!



Dr. Leslie Atterbury III, M.D., says "Prostsafe supplies essential vitamins, minerals and herbs needed to nourish and maintain a healthy prostate."

As little as a dollar a day seems like inexpensive insurance against disorders of BPH. If for some reason you are not satisfied, just return the unused portion within 30 days for a full refund.

"I no longer stop at all the rest areas on the golf course." *-- Mr. R. Reeve, Roswell, GA*

"Before I used to have several bladder infections a year. Now I do not have any." *-- Mr. A. Simon, Charlotte, MI*

"I have less aches and stiffness." *-- Mr. K. Osmon, St. Francisville, IL*

"Now I get a good night's sleep without getting up every two hours to urinate." *-- Mr. C. Hussy, Cleburne, TX*

"Prostsafe has stopped the burning after urination." *-- Mr. C.E. Black, Barboursville, WV*

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THE ACCIDENTAL MOTORIST

There are two sides to every story when accident-prone drivers fill out insurance claims.

Illustration by Steven Dohanos

"But, officer . . ."

If you've ever been in a car accident, you know that no one is *ever* at fault. Whether the guilty party is another driver, a seemingly stationary telephone pole, or one of those pesky pedestrians, no driver since Henry Ford has ever admitted fault—especially on an insurance claim. The following explanations were taken from actual insurance company forms and published in the *Toronto Sun*.

- Coming home I drove into the wrong house and collided with a tree I don't have.
- The other car collided with mine without giving warning of its intentions.
- The pedestrian had no idea which way to run, so I ran over him.
- I collided with a stationary truck coming the other way.
- A truck backed through my windshield into my wife's face.
- A pedestrian hit me and went under my car.
- The guy was all over the road; I had to swerve a number of times before I hit him.
- In my attempt to kill a fly, I drove into a telephone pole.
- I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment.
- I had been driving for 40 years when I fell asleep at the wheel and had an accident.
- To avoid hitting the bumper of the car in front, I hit the pedestrian.
- My car was legally parked as it backed into the other vehicle.
- An invisible car came out of nowhere, struck my car and vanished.
- I told the police that I was not injured but on removing my hat I found that I had a fractured skull.
- I thought my window was down but I found out that it was up when I put my head through it.
- I saw a slow-moving, sad-faced old man as he bounced off the roof of my car.
- The indirect cause of the accident was a little guy in a small car with a big mouth.
- I was thrown from the car as it left the road. I was later found in a ditch by some stray cows.
- The telephone pole was approaching. I was attempting to swerve out of its way when it struck the front end.
- I was on my way to the doctor with rear-end trouble when my universal joint gave way causing me to have an accident.
- I was unable to stop in time and my car crashed into the other vehicle. The driver and passengers then left immediately for a vacation with injuries.

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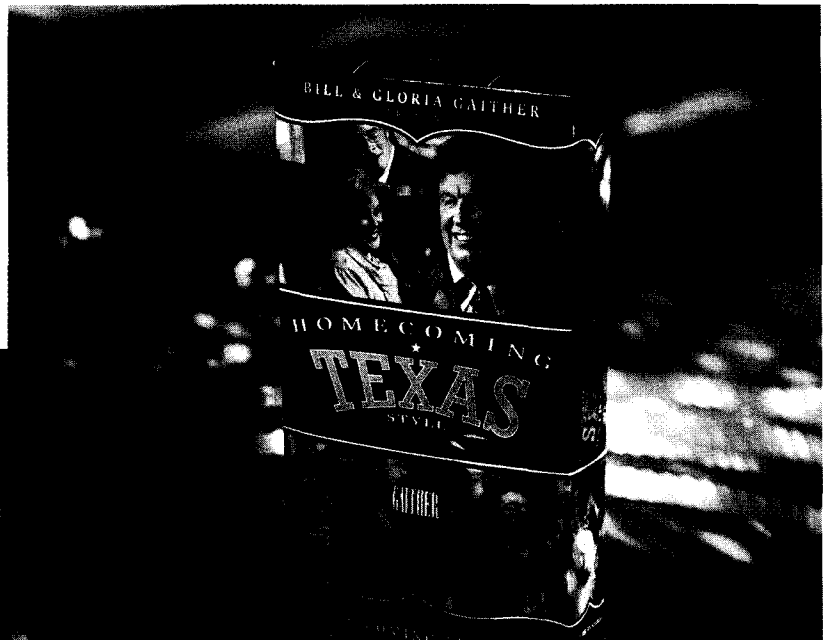

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BALANCING ACTS

How exercise can help seniors prevent falls.

by Carol Krucoff

Illustrated by Don Trawin

As a scientist, one of Steven Wolf's favorite questions to ask participants at the end of a study is: "What can you do now that you couldn't do before?"

One of the best answers he's ever received came from an 86-year-old man who learned the ancient Chinese martial art form t'ai chi as part of Wolf's study of how exercise can help seniors prevent falls.

"The man smiled at me, then lifted up one foot, bent over, and took off his loafer while balancing on his other leg," recalls Wolf, a professor and director of research in the department of rehabilitation medicine at the Emory University School of Medicine in Atlanta. "Then, still balancing on one leg, the 86-year-old gentleman stood back up, bent over again, and put his loafer back on. What impressed me the most was that he couldn't do this before studying t'ai chi."

Although many people assume that balance and mobility problems are inevitable with age, an increasing body of evidence demonstrates that exercise can help improve agility and strength in elderly individuals and reduce their likelihood of falling. In Wolf's study, published in the May 1996 *Journal of the American Gerontological Society*, 215 seniors ages 70 to 96 were divided into three groups. One group performed balance exercises on a computerized platform once a week; one group took a weekly t'ai chi class; and a control group met for a weekly discussion. After 15 weeks, "the t'ai chi group did the best, by delaying the onset of first or multiple falls by 47 percent," Wolf said.

In addition, the t'ai chi group also showed significant improvement in cardiovascular profile and quality-of-life measurements, such as a reduced fear of falling and an increased sense of control over their lives. "T'ai chi has been used in China as an exercise for older individuals for three centuries and as a martial art for 2,000 years," Wolf says. "The movements are very slow and deliberate and involve a great deal of trunk and body rotation and standing on a single limb. Practicing these movements is like learning strategies you can use to abort falls."

T'ai chi is just one form of exercise studied for its fall-preventing capability as part of a recently completed six-year project by the National Institute on Aging and the National Institute for Nursing Research. More than 1,500 seniors at seven sites around the country participated in the trials, called FICSIT for Frailty and Injuries: Cooperative Studies of Intervention Techniques. "The FICSIT studies showed that even a low level of exercise can reduce the risk of falls," notes Washington University (St. Louis) biostatistician Michael Province, whose analysis of the FICSIT data on exercise and fall prevention appeared last year in the *Journal of the American Medical Association*. "Exercise can help older adults improve strength, endurance, flexibility, and balance; improvements in one domain often carry over into another."

In general, "the evidence is mounting that the more older people can do in terms of exercise, the better off they are—with two main caveats," says Province. First, older exercisers should be sure to check with a doctor to make sure any new exercise program is safe and appropriate. Second, seniors should start under the guidance of a qualified instructor or

Balancing on one leg, he stood up, bent over, and put his loafer back on—something he couldn't do before studying t'ai chi.

continued on page 84

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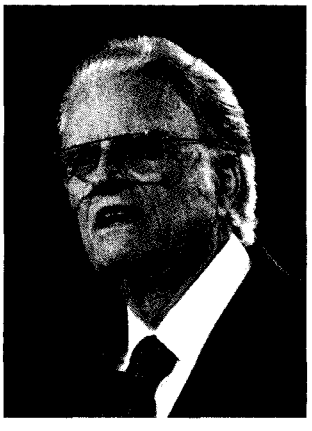
PEACE

FOR A FRAGILE WORLD



"Christ alone can bring lasting peace – peace with God – peace among men and nations – and peace within our hearts." Billy Graham

In December, Billy Graham will televise this message to America and around the world. PLEASE WATCH for this global telecast and for the two other Billy Graham prime time specials which will be broadcast in North America during this Christmas season.

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WATCH FOR THE BILLY GRAHAM GLOBAL SPECIAL, "A SEASON FOR PEACE"

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. . . than a cedar chest from *you*? . . . a chest with a splendid hardwood exterior matching her other fine furniture . . . and whose fragrance is lasting . . . a LANE!

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Every LANE, whether in all-cedar or with walnut or other hardwood exteriors has this authoritative construction and is certified to that effect.

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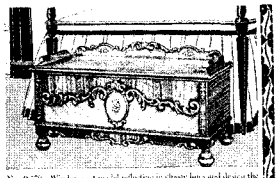

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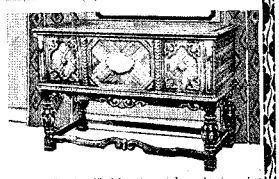

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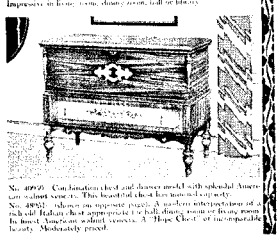

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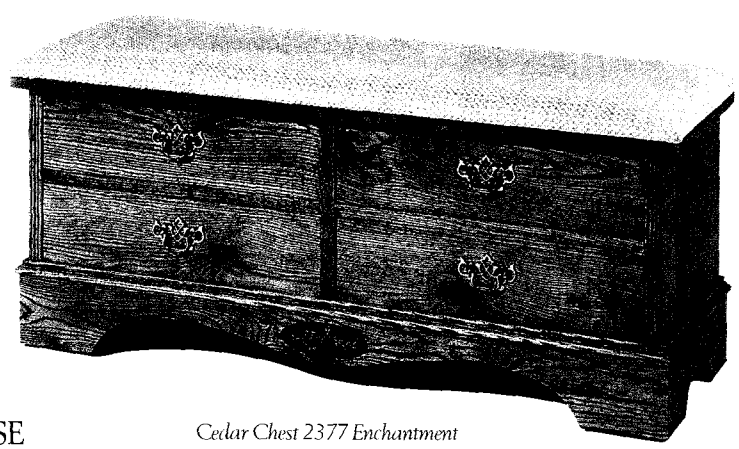

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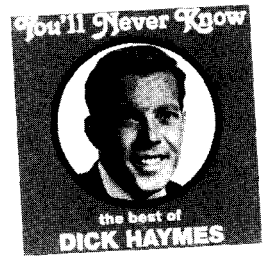

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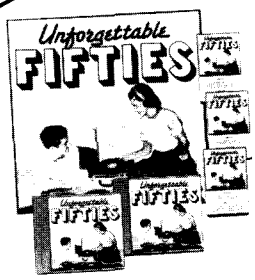
1950's

Unforgettable 50's



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Christmas Cheer

Bring on the presents and mistletoe!
Bring on the holly and myrtle!
Bring on the eggnog and candied yams!
Bring on my industrial strength girdle!

—Joy Lee Holman

A Real Turkey Shoot

As I survey the Thanksgiving remains,
I wonder if that clever turkey
Knew his loss would be our gain.

—Alma Bradshaw

Oh, Nurse!

Up and down the corridor,
All around the hall,
In the room and out the room,
Except for when you call.

—Jacob Levin

Tribal Customs

We thought the natives foolish;
We treated them with scorn
For beating drums to ward off evil.
We hope to move traffic by blowing a horn.

—Elizabeth R. Sphar

That's Pushing Your Luck

You're more apt to get up the world when you have a lot of relatives behind you pushing.

—Marlys Huffman

Going Out on a Limb

The tree was fragrant, thick and tall,
And looked just right against the wall;
The trunk, however, reached too far,
There'd be no room to hang the star;
A little must come off the top,
So a couple of inches I would lop;
The trunk curved slightly to one side,
A quarter-turn this fault would hide;
Now the right side showed some gaps—
A little off the left, perhaps?
The bottom branches sagged too low,
So two or three would have to go;
As I stood back to view with pride
My masterpiece—I was horrified:
Limbs are trimmed by fools like me,
But only God can make a tree!

—Rosemarie Williamson

For Convenience Sake?

Why do I love you?
Why do you love me?
Could the answer simply be
Propinquity?

—Rose L. Korotkin

Thanksgiving Dinner

I love all the family
And all that we eat,
But my waistline gives thanks
It's a once-a-year treat.

—Edith E. Cutting

Closed-Captioned

The half we heard was
Inconsequential—
The half we missed was
Not essential.

—May Richstone

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READ ALOUD FOR CHILDREN

My Angel Friend

A young boy discovers Luke, his Angel Friend, who tells him to "do something nice for the people you love."

by Kevin and Anne Ryder O'Keefe

Illustrated by Marcus Hamilton

Everyone has a favorite Christmas memory. For me it came gift-wrapped as a dream long, long ago and is with me still. The dream was about an angel named Luke who taught me a special lesson. And to this day, I believe the dream was real.

I suppose the events of that Christmas Eve had something to do with it. Mounds of snow were silently piling up outside the window of our Indiana farmhouse. Inside, Dad tossed another log on the fire. I remember how it crackled and scented the room. And overlooking the entire scene was the tree: a glorious fresh-cut pine, lovingly decorated by me, my little sister Molly, Mom, and Dad.

Mom popped some corn; then we all nestled together on the couch, surrounded by the warmth of the fire and watching the twinkling lights of the tree reflect in the glass ornaments. Molly admired her handiwork. Dad had lifted her high on his shoulders to place a white angel with gold wings on the top bough. But even though it was the most beautiful tree I had ever seen, I couldn't help eyeing the brightly colored boxes underneath in eager anticipation of Christmas morning.

Our family has a Christmas tradition: each year, one of us recites the Christmas story of the birth of Jesus. This year it was Mom's turn. In colorful detail, Mom retold the story of Jesus' birth. How the holy child was born in a manger. Of how wise men came from afar to deliver gifts of gold, frankincense, and myrrh to the Child in the manger—the real reason why we give presents at Christmastime.

Dad stuffed some popcorn in his mouth just as Molly asked him whether Jesus had any other visitors that night. We giggled as Dad chewed the popcorn quickly.

"Well, sure," Dad said, brushing a few kernels off his lap. "Angels were there, too, singing and dancing to celebrate His birth."

"What exactly are angels?" I wondered.

"Angels are kind of God's messengers," he said. "They are God's gift to us. Angels protect us and guide us in the right direction. And they are everywhere."

We learned that people from different religions and countries believe in angels. People in Italy, France, Israel, Japan, Mexico, and Russia—wherever there are people, angels are there to guide them.

"But how do they get around without cars?" Molly wondered.

"Angel wings," Dad answered, pointing to the gold wings on the angel ornament.

Thinking back, it must have been the warm fire, flickering lights, and gentle story that gave way to deep yawns and sleepy eyes. Mom and Dad carried us up the stairs and tucked Molly and me into bed. As I lay there watching the snow fall outside the window by my bed, I drifted off that night not with the usual Christmas thoughts of toys. Instead, thoughts of wise men, distant lands, and angels lulled me into sleep.

That's when it happened—the dream. Suddenly, angels were everywhere—all over my room, floating and singing and flying about. Tall angels with giant wings, short angels with little ones. Chubby ones and thin ones. Blue angels, yellow angels, red angels, black angels, white angels—angels of every color of the rainbow. Hundreds and thousands of them! It made me happy just to watch them.

And in the midst of all these dancing angels stood one somehow different from all the rest. Tall with long fluffy wings and brown hair that fell to his shoulders, he had a friendly, strangely familiar face.

He flew right toward me, landing right next to me.

"Hello, Michael," he said.

"How do you know my name?"

"Michael, you don't recognize me, but I know you. After all, I've been with you since you were born," he said with a smile. "I am your Angel Friend. My name is Lucas, but you can call me Luke."

"What do you mean you've been with me?" I asked. "I don't

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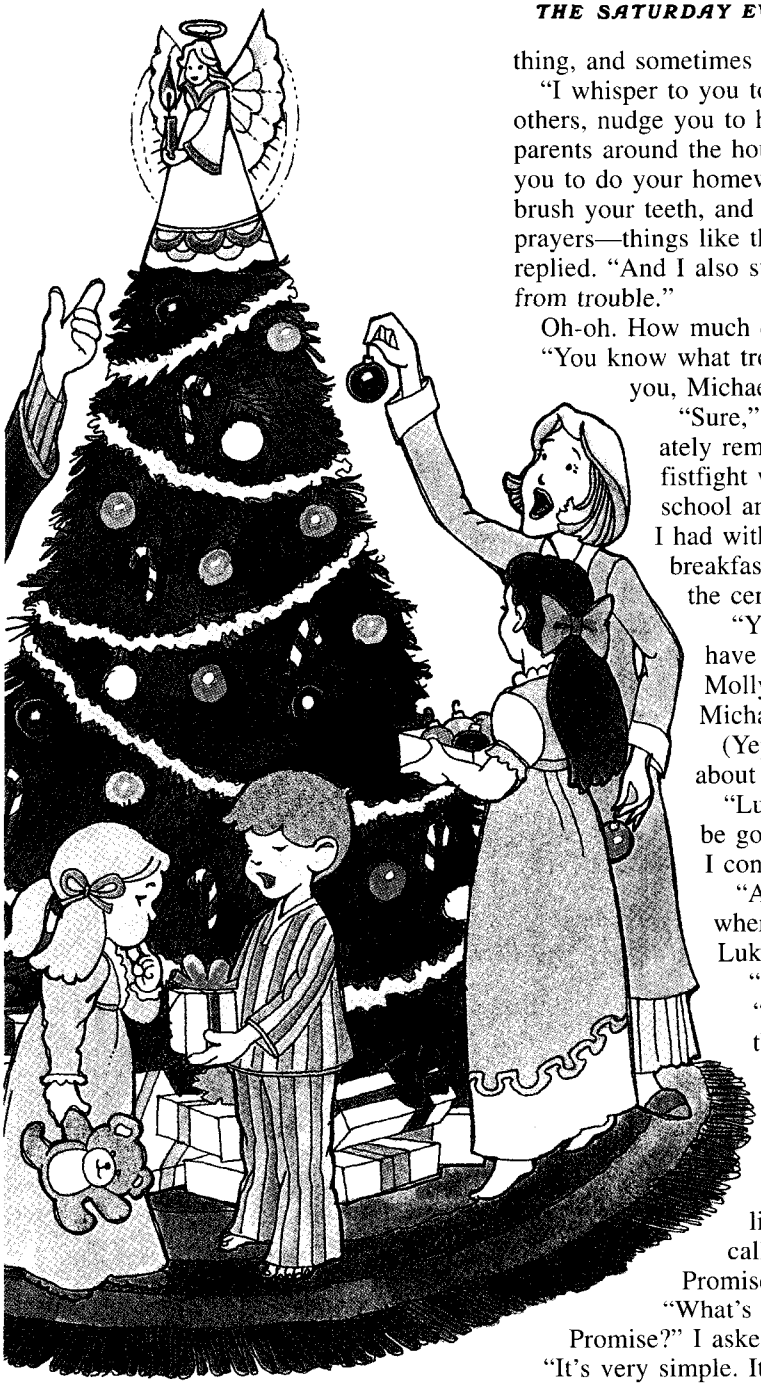

remember you."

"Michael, everyone has a guardian angel assigned to him or her when they are first born," Luke explained. "You may not see us, but we're there. Take my word for it."

"You're *my* Angel Friend?" I said.

"Absolutely," replied Luke.

"Cool," I said, genuinely impressed. "But Luke, what do you do all day?"

"Every day your Mom and Dad go to their jobs at work, right?" Luke inquired.

I nodded.

"I have the best job in the world," he continued. "My job is to be your Angel Friend. I help you do the right thing, and sometimes that isn't easy.

"I whisper to you to be kind to others, nudge you to help your parents around the house, and remind you to do your homework on time, brush your teeth, and say your prayers—things like that," Luke replied. "And I also steer you away from trouble."

Oh-oh. How much did Luke know?

"You know what trouble is. Don't you, Michael?"

"Sure," I said, immediately remembering the fistfight with Andy at school and the argument I had with Molly at breakfast over who got the cereal box toy.

"You really should have given little Molly the cereal toy, Michael."

(Yep, he knew all about it.)

"Luke, it's hard to be good all the time," I confessed.

"Aahh. That's where I can help!" Luke broke in.

"How, Luke?"

"There's a little thing that I've learned over the last . . . oh . . . million years or so to help little boys like you. It's called an Angel Promise."

"What's an Angel Promise?" I asked him.

"It's very simple. It works like this: An Angel Promise is like a gift, Michael. After all, the best gifts come from the heart."

"But I don't have any gold like the wise men, Luke."

"You don't need gold, Michael," Luke said, lifting my chin up with his finger. "Whenever you do something nice for other people, or do what you're supposed to do, like taking the dog for a walk, you're making an Angel Promise. And when you *keep* your promise, that not only makes me happy, it makes God happy as well."

"Have I made Angel Promises without knowing it?" I wondered.

"Sure," Luke said. "When you made that special Christmas card at school for your grandparents, raked the leaves for your retired neighbor Mr. James, and shared your bicycle with Molly while hers was broken, you made an Angel Promise. It's not always something you do, either. An Angel Promise can be something you don't do. Like arguing with Molly, fighting with friends, or being disrespectful."

Then Luke looked down into my eyes and said: "Michael, from now on, whenever you make an Angel Promise, I want you to know that I will hold it close to my heart and pray that you carry it out. When you do, my heart dances."

Suddenly, Luke flapped his giant wings and slowly headed off to join the other angels in the distance.

"Remember, Michael, I'm always with you," Luke said. "I'm always there to help you, even though you can't see me."

"But I still don't know enough about Angel Promises," I cried after him, watching him fade away.

"Don't worry," Luke said without turning. "You'll know. You'll know."

I woke up Christmas morning feeling so happy, I sat up in my bed and began flapping my arms like angel wings!

Was it really a dream? I wondered.

"Do something nice for the people you love," Luke had said.

But what? I wondered, looking around my room. I knew stacks of gifts waited for me downstairs, yet I had nothing wrapped up to give my parents or Molly for Christmas.

Should I give Dad my Little League trophy?

Maybe I should give Mom my trading cards?

And what about Molly?

My piggy bank yielded only $3.27—certainly not enough to buy something nice. Besides, it's Christmas Day!

Out of nowhere, almost in a whisper, I heard the words "Angel Promises." That's it! I dug in my dresser drawer and found the cereal box toy I had hidden yesterday. I wrapped it in colored paper and addressed it to Molly with an IOU, promising her every cereal box toy for a whole year. Then I took out some construction paper, scissors, string, and set to work. I traced a big red heart, then cut it out. I punched a

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THE LITTLEST ANGEL

From the moment he entered the Pearly Gates, heavenly peace was never quite the same.

by Charles Tazewell

Illustrated by Paul Micich

Once upon a time there was, in paradise, a most unhappy cherub who was known throughout heaven as *The Littlest Angel*. He was exactly four years, six months, five days, seven hours, and 42 minutes old when he presented himself to the Gatekeeper. The Littlest Angel pretended not to be afraid, but his lower lip trembled, and a tear disgraced him by coming to a halt at the tip of his small nose. Being without a handkerchief, he tried to hide the evidence by snuffing. A most unangelic sound, which caused the Gatekeeper to blot the page!

From that moment on, the heavenly peace was never quite the same. The Littlest Angel *always* sang off-key at the heavenly choir practice. He *always* arrived late to nightly prayers, and he *always* knocked everyone's wings askew as he darted into place. And his appearance was even worse than his conduct. Some said that he didn't even look like an angel!

And that was correct, for his halo was permanently tarnished from where he held it with one hand when he ran, and he was always running. Even when he was still, it never behaved as a halo should. It was always slipping down over his right eye, or over his left eye . . . or else, just for pure meanness, slipping off his head and rolling away so he'd have to chase after it!

And his wings were neither useful nor ornamental. All paradise held its breath whenever he prepared to take off.

He would teeter this way and that way, and after a few false starts, he would shut his eyes, hold his nose, and then hurl himself into space!

However, owing to the fact that he always forgot to move his wings, the Littlest Angel always fell head over halo!

It was also reported, and never denied, that whenever he was nervous, which was most of the time, he bit his wing tips!

Now, anyone can see why the Littlest Angel would have to be disciplined. And so he was directed to present himself before an angel of the peace.

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He combed his hair, dusted his wings, and scrambled into an almost clean garment; then, with a heavy heart, he trudged to the place of judgment. He tried to postpone the dreaded ordeal by pausing to inspect the long list of new arrivals, although all heaven knew that he couldn't read. And he idled more than several moments to examine a display of harps, although everyone in the celestial city knew that he couldn't play a note.

But at last he came to a doorway with golden scales above it. To the Littlest Angel's surprise, he heard a merry voice singing!

The Littlest Angel removed his halo, breathed upon it heavily, and polished it upon his robe. Then he tiptoed in.

The singer, known as the Understanding Angel, looked down at the small culprit who tried to hide by tucking his head into his robe like a turtle. At that the singer laughed and said, "Oh! So you're the one who's been making heaven so unheavenly! Come here and tell me all about it!"

Before he knew it, the Littlest Angel found himself explaining how hard it was to be suddenly transformed into an angel. And no matter what the archangels said, he'd only swung once, well maybe two or three times, on the golden gates.

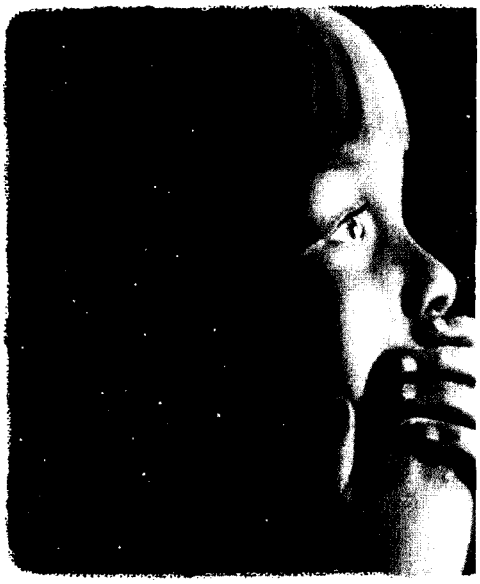
Earth had been full of trees to climb, brooks to fish, and caves to explore. There was nothing for a small angel to do in paradise.

The Understanding Angel smiled and asked what would make him most happy. The cherub thought for a moment and whispered in his ear.

"If only I could have the box under my bed back home."

The Angel nodded and a messenger was sent to bring the box to paradise. In those days that followed, everyone wondered at the change in the Littlest Angel, for he was the happiest of all the cherubs in the kingdom. His conduct was above the slightest reproach. His appearance was all that the most fastidious could wish for. And on trips to Elysian Fields, it could be said, and truly said, that he flew like an angel!

It came to pass that Jesus, the Son of God, was to be born in Bethlehem. All the angels rejoiced at the coming of the Christ child. The angels and archangels, the Gatekeeper, the Wingmaker, and even the Halosmith put aside their tasks



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to prepare gifts for the blessed infant.

All but the Littlest Angel. He sat himself down on the topmost step of the golden stairs. What could *he* give to the Son of God?

At one time, he dreamed of composing a hymn of adoration. But the Littlest Angel was woefully wanting in musical talent. Then he wanted to write a prayer. It would be the first prayer heard by the Christ child! But the Littlest Angel was also lacking in literary skill.

At last he decided on a gift and on the day of the miracle, he pulled it from behind a cloud and placed the small, rough box before God's throne. His was an unsightly box next to all the other gifts! When the Littlest Angel saw this, he wished to reclaim his shabby gift before God noticed. it. But it was too late! God's hand came to rest on the Littlest Angel's gift. The box was opened before the eyes of God and all his heavenly host.

Inside there was a butterfly with golden wings, captured on the hills above Jerusalem, and a sky-blue egg from a bird's nest. At the bottom of the box, there was a toothmarked leather collar, worn by his dog, who had died as he had lived, in absolute love and devotion. The Littlest Angel wept hot, bitter tears, for now he knew that instead of honoring the Son of God, he had been most blasphemous. In terror, he turned to run and hide from the divine wrath of the Heavenly Father, but instead he fell and rolled to the foot of the heavenly throne!

Suddenly, the voice of God rose throughout paradise saying, *"Of all the gifts this small box pleases me most. Its contents are of the earth and of men, and my Son is born to be king of both. I accept this gift in his name."*

There was a pause; then the box began to glow with an unearthly light, which became a radiant brilliance that blinded the eyes of all the angels! Only the Littlest Angel saw the box rise and arch away from heaven to shed its clear, white light over a stable where a child was born.

Earthly eyes could never know that the lowly gift of the Littlest Angel was what all men would call forever, *"The shining star of Bethlehem!"* ▲

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POST BOOKSHELF

HOPE TO TELL YA!

Presidential humor? White House regular Bob Hope has it down to a tee.

by Maynard Good Stoddard

Bob Hope's Dear Prez, I Wanna Tell Ya! A Presidential Jokebook
by Bob Hope
182 pages, General Publishing Group, Inc., $14.95

Bob Hope aptly titled his latest book *Dear Prez, I Wanna Tell Ya!* because tell our presidents he does. In spades.

Right off, the author sets the record straight that, contrary to rumors, he did not entertain the troops at Valley Forge with (biting) jokes about George Washington parking his wooden teeth in a glass of varnish overnight. However, the master of mirth doesn't hesitate to sink his satiric spurs into the vulnerable flanks of Oval Office occupants, from FDR on.

Yes, it was Franklin Delano Roosevelt who first asked Hope to entertain the troops overseas. "I asked him, 'Where should I go?' He answered, 'I don't know . . . just follow Eleanor.'

"I was with Roosevelt during one of his famous fireside chats. He turned to me and said, 'Put another log on the fire, boy.' "

Hope says he risked an audit by pointing out that everyone laughed at Harry S Truman and his piano, ". . . but little did they know that it was because of his playing that his neighbors first sent him to Congress."

As for Dwight David Eisenhower, Hope writes, "I had the pleasure of playing golf with the president . . . and I'd like to go on record as saying right now that if he slices the budget like he slices a ball, the nation has nothing to worry about.

"It will be a sad day for the neighbors on Pennsylvania Avenue [when Ike leaves the White House]. They'll have to start buying their own golf balls."

Wisely, the author writes early on, "I've always had great respect for the office of the president of the United States and for the men who have accepted the challenge."

Our 35th president, youthful John Fitzgerald Kennedy, furnished Hope with ripe new material. (Vice President Quayle will come later.)

"Ike is all Army. He loves golf, but if you lose, you not only have to pay him, he makes you eat K rations," Hope writes.

"I like giving youth a chance," he writes, "but do we really want a president who rode for half-fare on the bus?

"A few months ago Kennedy's mother said, 'You have a choice. Do you want to go to camp this year or run for president?'

"Really, I don't envy President Kennedy. For the first time I'm worried if he has enough hair to last out the job."

Although Lyndon Baines Johnson was sensitive to criticism, Hope, the elder statesman of wit, kept the crucible bubbling.

"The president is making a six-nation tour of Asia . . . to make friends. If it works, he may try it in this country.

"He's going to visit our allies over there. He may be back the same day.

"The president's trip was a big success. He got six countries to accept foreign aid."

As for the president least comfortable with the trouper's lampoons, the ol' ski-nose singles out Richard Milhous Nixon. (" 'Silent Cal' was before my time," Hope would have us know.) But even Nixon burst into belly laughs at barbs about his presidential residences, ". . . including the log cabin in Whittier, California, he is building to be born in."

As Hope pointed out, "We have a White House in California. We have a White House in Florida, and the old place on Pennsylvania Avenue. Why should we be different than Colonel Sanders?"

The fly in the oval office ointment next tees off on Gerald Rudolph Ford.

"There are 42 golf courses in the Palm Springs area," Hope writes, "and nobody knows which one Ford is playing until he hits his first tee shot."

Again: "It's not hard to find Jerry Ford on a golf course—you just follow the wounded."

And again: "Jerry Ford has made golf a contact sport."

And one more time: "Actually, we get along well on the golf course. I never remind him that he used to be president, and he never reminds me that I used to be funny."

The easiest task his writers ever faced was finding material on James Earl (Jimmy) Carter, says Hope. "Here was a churchgoing peanut farmer from Plains, Georgia, with a Southern accent so heavy that two mock dictionaries were published to help people understand him, whose brother brewed his own beer."

So: "The inaugural ball had a Southern flavor. It was the first time

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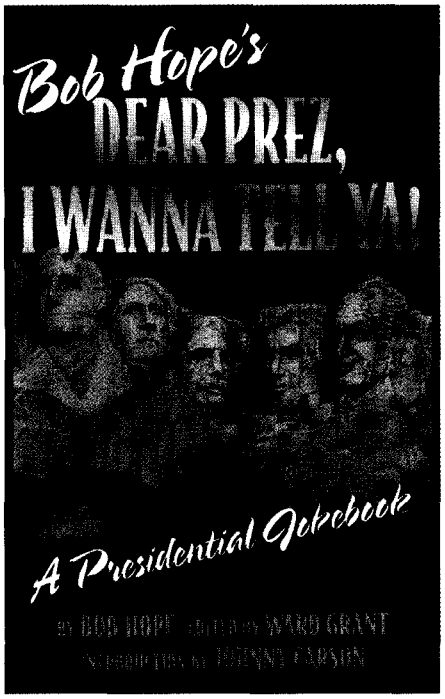


"This is not only a funny book," writes Johnny Carson, "but a historical perspective of what was happening in our country."

'Hail to the Chief' was played on a jug and a washboard.

"Mr. Carter is the first president we've had who considers a three-piece suit a sweater and two elbow patches."

And, "Carter is picking his new cabinet. It's a combination of Early American and Georgia Pine. For national security adviser he chose Zbigniew Brzezinski. Say it fast and you'll never have to buy a Water Pik."

In Mr. Hope's opinion, Ronald Wilson Reagan was undoubtedly "the best communicator we've had in the White House."

A televised Dean Martin roast honoring Bob Hope in 1975 allowed then-Governor Reagan to volley a few comebacks Hope's way.

"Bob would do well in politics. He has entertained over 10 million troops, been seen by more than 100 million TV viewers. If you throw in the 27 people who've seen his movies, you have a pretty sizable constituency.

"Bob, it gives me great pleasure to tell you that in honor of this occasion, the state legislature has unanimously passed a bill naming you California's foremost citizen. I vetoed it."

On George Herbert Walker Bush, we quote:

"George Bush will soon be sworn in, but I still have to come to grips with whether he'll repeat the oath or we'll have to read his lips.

"President Bush is on the road again—Saudi Arabia, Egypt, Europe, Mexico. It's amazing the lengths he'll go to get away from broccoli."

If you think Dan Quayle has been overlooked, think again! "Quayle doesn't sound very authoritative now, but just wait till his voice changes." Or how about, "Quayle thinks 'Roe vs. Wade' are two ways to cross the Potomac"?

And then there's the big finish, starring William Jefferson (Bill) Clinton. Beginning with:

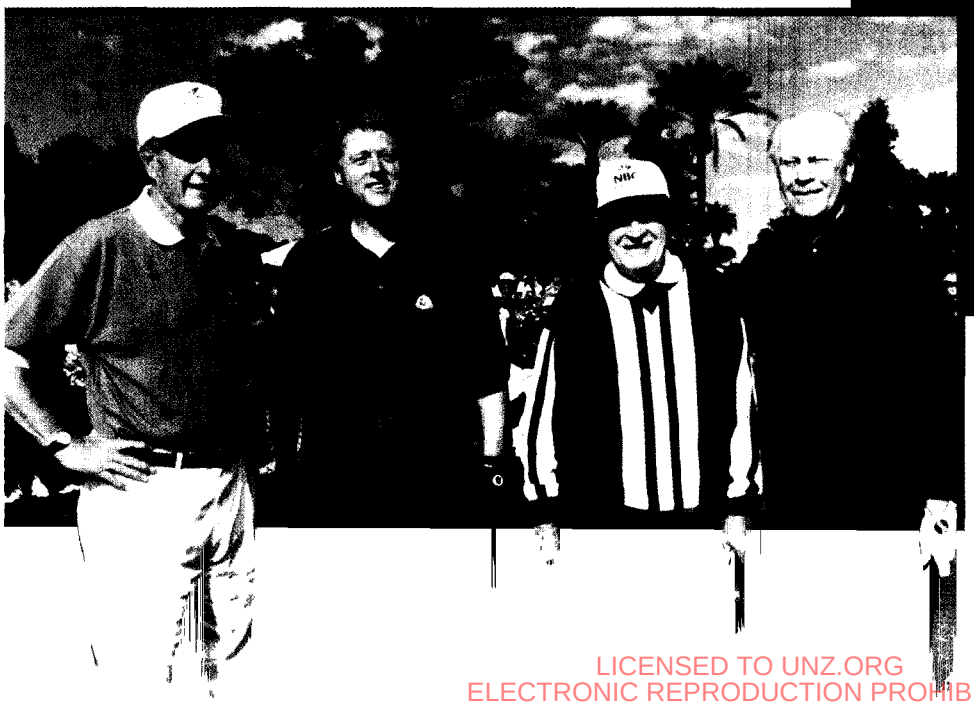
"All the candidates are talking about healthcare. Don't they realize it's their campaign speeches that make us sick?

"Bill Clinton could be the first president sworn in at the inaugural wearing a top hat with 'John Deere' written on it.

"Clinton loves to make long speeches. In fact, this will be the first inaugural address with an intermission."

But seriously, folks, as Bob Hope winds it up: "Where else but in America are educated, respected leaders brought down from their pedestals every four years to be mocked, criticized, and ridiculed . . . then put back on their pedestals for another four years?"

As far as that goes, in turning back to the early pages of *Dear Prez,* we find Bob Hope nostalgically reflecting, "Where else but in America can a scrawny kid, born in England, raised in Cleveland, and educated in vaudeville grow up to make friends with 11 presidents?"



Of "Give-'em-Hell Harry," Hope commented that he "rules the country with an iron fist . . . the same way he plays the piano." (left) "Three presidents and a duffer. At the 1995 Desert Classic," Hope remembers. "Clinton had the longest drive, Ford the best scores, and Bush the most hits . . . I had the most erasures on a scorecard."

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Speaking Out

ATTITUDE IS EVERYTHING: MANAGEMENT'S KEY TO SUCCESS

"Enthusiasm is at the bottom of all progress. With it, there is accomplishment; without it, there are only alibis."

by W. Seymour Holt

Illustrated by Frank Cotham

During my years in sales and management for a large pharmaceutical firm, I was fortunate to have some autonomy as marketing vice president for a sales and marketing division. This allowed me to practice a concept that was somewhat new to the top brass of the parent company. Namely, humor. Lightening up meetings with a joke or two had never been a part of this excellent company's management philosophy. In fact, it was viewed as a sign of weakness, and I was criticized for doing it, but I found that humor made a world of difference in the attitudes of those who worked with me.

Too many companies still rely on fear rather than more productive means to motivate their employees. A recent study bears out my belief that humor improves corporate efficiency. When researchers monitored the effect of humor on 322 employees of a Canadian financial institution, they found that the managers who used humor the most had the highest levels of employee performance.

Humor is the kinder, gentler approach, and it's undoubtedly better

"We're looking for an aggressive, tenacious salesperson, like, for instance, the one who sold you that suit."

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than humiliation for improving people's attitudes.

Changing attitudes, by the way, is the primary function of management. A sales manager's main responsibility is not to do all the selling himself, which would hardly be possible, but to create a climate within the group so that each individual can be the best that he or she can be.

Someone once said that before learning can take place in a classroom, the students must view the professor as part of the solution rather than part of the problem. The same is true for managers. If the group wants the sales manager to fail, they will literally destroy their own careers to assure that he meets with little success. On the other hand, if they feel their manager is part of the solution, they will overachieve.

If you concentrate on the positives, the negatives always fall away. You don't really have to spend much time dwelling on them because they become obvious.

I have seen sales districts blossom overnight by changing only one person, the manager.

Accentuate the Positive

Humor is one tool that can change attitudes. At the very least it can make a manager appear more human. Another method I recommend is that managers take a positive approach. For most new managers, the virue of aggressiveness has more to do with their promotion than any other single factor. And ironically, this can be a handicap as they begin their management career. New managers are always eager to jump right in and start demonstrating to their group how to be successful. They are often surprised when I tell them that for the first few weeks they should do little except observe and listen. When they do start making suggestions, they should emphasize the positive, rather than simply point out mistakes.

I use this example: If a policeman were to follow me as I drive from the office to my home, even though I knew he was there, I would probably do things that he would consider traffic violations. His attitude toward me would not be very good. Why? Because he is only looking for what I do wrong. You all know the facial expression when he pulls you over—that "Aha-I've-got-you" look. I've never yet been pulled over to be told what a great driver I am. The policeman's job requires him to focus on the negative. Effective managers, on the other hand, should begin by focusing on what people are doing right. When you are looking for what is right, your mindset is completely different. If you concentrate on the positives, the negatives always fall away. You don't really have to spend much time dwelling on them because they become obvious.

Three Tiers of Performance

I have found there are three tiers of people in every sales organization, and this may be true in other organizations as well.

The top performers represent about 20 percent of the total; the marginal performers represent another 15 to 20 percent, and the rest are in the middle. A manager should spend most of his time with the middle group, boosting enthusiasm and relating ideas and techniques learned from his top achievers. The two greatest motivators I have found are: 1) getting those under you promoted (nothing makes a manager look better), and 2) eliminating bad performers. A manager should investigate the problems of the lowest performing group and do what he can to help. Sometimes low performance is the result of personal problems, but often those people just aren't as capable as others. My heart goes out to them more than anybody else, and I believe they should be humanely encouraged into other areas where they have a better chance of succeeding.

What stimulates the top thoroughbreds is nothing more than the sound of thundering hoofbeats coming from the back to challenge them.

As for the top performers, I never needed to speak to them about increasing sales, but I had a technique for getting them to perform even better, which I admit I learned at the racetrack. What stimulates the top thoroughbreds is nothing more than the sound of thundering hoofbeats coming from the back to challenge them. When they hear this, the adrenaline starts flowing and they quickly distance themselves from the sounds of the oncoming pack. Top performers love a challenge, and when someone from the middle group tries to catch them, they will do even better.

Stimulus and Response

But managers cannot simply lump workers into specific groups. They must gain knowledge of each individual as it relates to accomplishing the task at hand. When it comes to changing attitudes, not all people respond to the same stimuli. Managers must understand that everyone is different and has different talents, skills, interests, needs, and wants.

Individuals can benefit from this, too. Successful people make the most of those differences by building on their own special strengths.

Lou Holtz, the noted football coach at Notre Dame, tells many stories about his star players. In every case, they learned to excel *not* by measuring how well they performed in comparison to other members of the team, but by how well they performed in terms of their personal capabilities. The army recruiting slogan, "Be all that *you* can be," is an example of this way of thinking. Lou Holtz once said that he first recognized one player's tremendous athletic ability when he saw him playing tennis—*by himself*! Not everyone can move like that player, but I am sure that you or I can do things that he could not do.

I learned the most important lesson about attitude from my father, a lifelong farmer who had little formal education. Dad was pleased when my older brother went to college to study agriculture. But my brother had not been in school long before he violated the cardinal rule of education. Every time he came home, he would try to tell Dad how to farm better. He began urging Dad to attend local farm meetings put on by county agents. Dad made a few appearances at these meetings but never became a regular, and that frustrated my brother

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A BABY BOOK FOR BOOMERS—AND BEYOND

Middle age delivers a unique (and unwelcome) set of firsts, including love handles, memory lapses, gray hair, and varicose veins. A new book lightheartedly chronicles our second childhood.

Illustrated by Paul Meisel

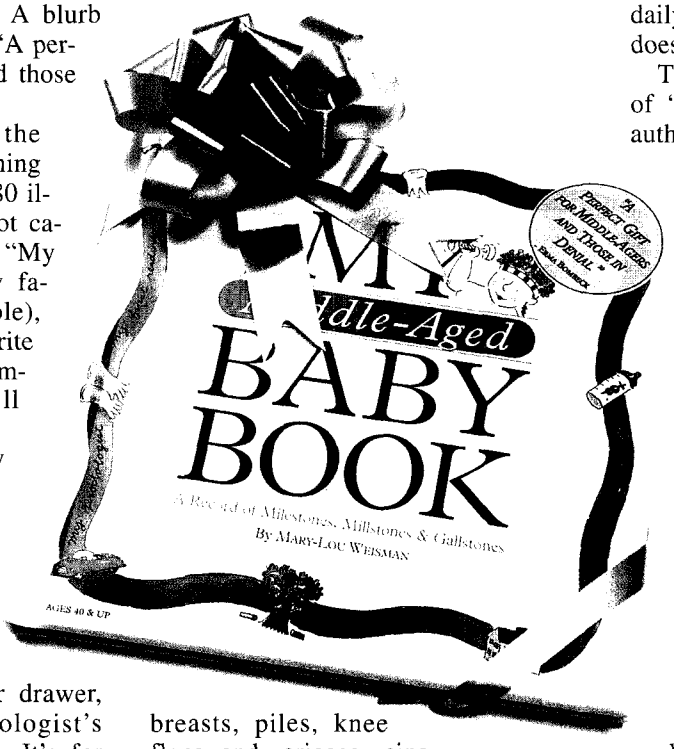
Warning: One look at the cover and you're hooked. What you read is this:

The title: *My 'Middle-Aged' Baby Book*. The subtitle: *A Record of Milestones, Millstones and Gallstones*. The author: Mary-Lou Weisman. A blurb by the late Erma Bombeck: "A perfect gift for middle-agers and those in denial."

You'll find—encircling the edges of the book—enlightening clues to what lies within the 80 illustrated pages: "My first root canal," "My bedtime bottle," "My first second mortgage," "My favorite toy" (a red convertible), "My proctologist," "My favorite reading glasses," and "My family tree" (from which you'll note a plug has been sawed).

The book, as you might by this time suspect, is recommended for readers aged 40 and over—as far over as you happen to be. It is for those readers who've begun to wonder why their gums recede, who keep Tums in their pocket and Mylanta in their drawer, and who have their proctologist's phone number on speed dial. It's for those whose vital statistics include circumference of abdomen, whose teething records include implants, gold crowns, and caps. It's for those who talk about their firsts—first colonoscopy, first conservative opinion, first gray hair, first involuntary release of urine while sneezing, and so on.

Among Paul Meisel's clever illustrations is a half-male, half-female figure beneath the line: See how I've grown. On the male side, reading from top to toe, we are directed to eye flaps, turkey neck, elbow flaps, pot belly, love handles, enlarged prostate, and corns. On the female side, we have dewlaps, liver spots, swag arms, pendulous breasts, piles, knee flaps, and varicose veins.


A Perfect Gift for Middle-Agers and Those in Denial
—Erma Bombeck
dle-Aged
BABY BOOK
A Record of Milestones, Millstones & Gallstones
By Mary-Lou Weisman
Ages 40 & Up

Needless to say, *My 'Middle-Aged' Baby Book* is not for sissies. "There is nothing wonderful about the behavior of gravity on the human body," the 58-year-old Weisman warns the under-40 age group.

One interviewer was bold enough to ask the humorist how she came to write the book. Her answer is pure Weisman.

"I never had a real baby book," she says. "I was a second child, so my mother wrote in the margins of my sister's book. And I was never as good as her—I was shorter, my teeth came in slower, I walked later. I still have that book, and it's been my inspiration. And now I have my revenge—my own baby book."

Weisman delights in pointing out the similarities between babyhood and middle age. Both have varying amounts of hair and teeth. Both eat a lot of finger foods. Both dress in comfy pastel romper suits ("middle-aged babies call them 'sweats' "). Middle-aged babies play with cars—vroom, vroom. Both like to throw balls up in the air ("the middle-agers call it tennis").

Asked why people forget in middle age, Weisman explains that we are losing our minds. "Little pieces of mind called neurons fly out of our heads daily in large numbers," she says. "It doesn't help to wear a hat."

This insight may explain the page of "Acknowledgments" in which the author states:

> "First I want to thank my editor, Ruth . . . darn! It's right on the tip of my tongue. . . . Oh, and I especially appreciate the expertise of gastroenterologist Dr. Harvey . . . ummm, Harvey. . . . And, of course, the host of friends too unforgettable to mention, not the least of whom is my patient, supportive husband . . . what's his name? . . ."

The book contains 34 chapters. Among them: "Am I Smiling? (or is it gas?)," "Toilet Training," "When I Grow Up," "Am I a Boy or a Girl?" "My Bedtime Ritual," "See What I've Grown," and "Sex?" The following chapter will give you the idea.

Afterword: If it's true that laughter adds years to your middle age, this should do it.

—Maynard Good Stoddard

I Can Read

Obituary reading begins in middle age and is considered a normal developmental stage. There are those who argue that this new habit represents the maturing person's first concession to the possibility of mortality. They

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are wrong. A mature person doesn't concede a damn thing. Death is not inevitable. Death is what happens to people who don't take good enough care of themselves. Death is a mistake for which we have only ourselves to blame. Death is what happens when people refuse to profit from the obituaries of others.

Relatively speaking, our parents knew very little about death prevention. And what they knew was often based on ignorance and superstition. They didn't know eggs could kill. They didn't know about the body-mind connection. They couldn't tell brain-dead from really dead. They didn't even have wellness; just health. As a result they tended to accept the inevitability of their own mortality. Because we are well enough informed about the kinds of lifestyles, habits, and states of mind that invite death, we can be the first generation to learn to take responsibility for avoiding it.

Learning how to read the obituaries can add years to your life. A quick, cowardly glance at the headlines, just to reassure yourself that everyone who has died is at least a decade or two older than you, only brings temporary relief. To keep death permanently at bay, obituaries must be read thoroughly, studied thoughtfully, and deconstructed strictly. The question to keep in mind is not "What did the deceased die of?" but "What did the deceased do wrong that resulted in his or her failure to maintain perpetual wellness?"

Cancer is not a cause of death; smoking is. Heart attacks are not a cause of death; eating fried eggs, hash browns, and bacon every morning is.

Obituary writers, perhaps out of some warped notion of good taste, give us precious little hard information to go on, preferring soothing euphemisms like "natural causes" and "after a long illness" to explicit accusations and I-told-you-so's. Nevertheless, an expert obituary reader can make a blame diagnosis from the kind of evidence that amateurs would be inclined to overlook as boring and irrelevant.

Sometimes you have to read all the way to the apparently innocent tag line to get to the blame behavior. "Mr. So-and-So was a lifelong resident of Los Angeles." In this case death was caused by the deceased's stubborn insistence upon living with free radicals in a city where the air quality index is set permanently on "unacceptable."

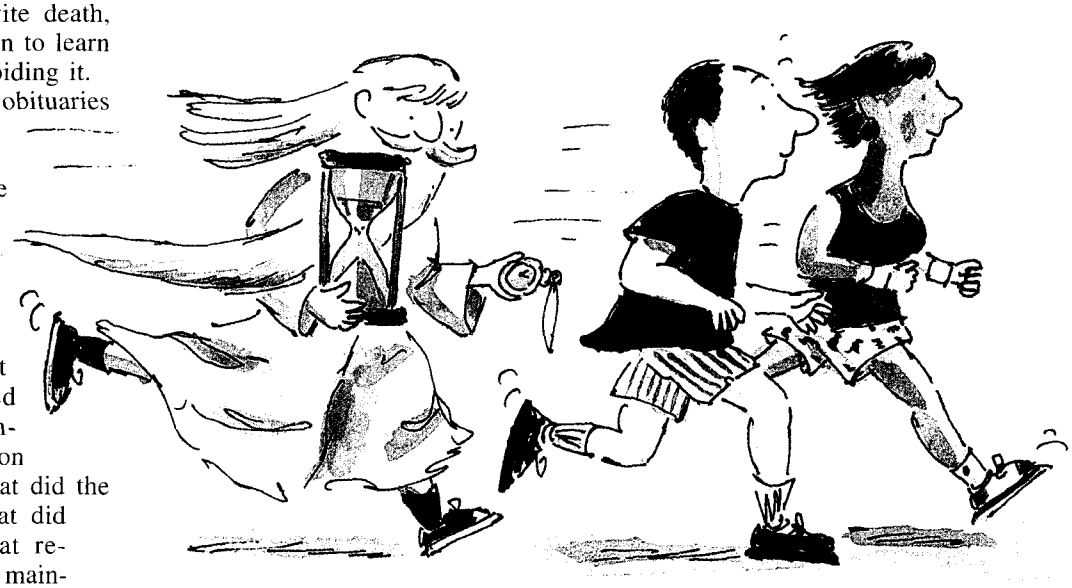
"Mrs. So-and-So died at her winter home in Boca Raton after a long illness." Melanoma. Not using sun block. Or, if she did use sun block, not using a high enough SPF. There are *explanations* for dying, but no more excuses.

Sometimes an obituary offers multiple choices: "Mr. What's-His-Name, a lawyer with the New York Stock Exchange, was an avid bird watcher." Can you name the two potential blame behaviors? Mr. What's-His-Name may have died because he did not bother to learn to control his stress levels with biofeedback and positive imaging. Or, he might have died of Lyme disease because he didn't tuck his trousers into his socks when he went bird watching, and then neglected to check his body thoroughly for any sign of a circular rash. It hardly matters which one did him in. Deconstructed is deconstructed.

Some obits are a challenge even for the experts. A case in point is the syndicated TV aerobics instructor, dead at the age of 45. He suffered his first and only heart attack while reading an unsensational novel in the shade of a recently pruned tree. Even his closest friend, quoted in the obituary, could not identify the blame behavior. "He never smoked. He never drank. He never stopped taking beta carotene. He was on a fat-free diet. He meditated. He jogged. He took a gram of aspirin every day. He rode a bike. He swam two miles a day. He consulted with his doctor and had a stress test before embarking on any exercise program. He was a frequent flosser. He read *Prevention* magazine. He had achieved his target pulse. He had balanced his polarities. He had a crystal. I don't get it."

He was too self-involved. God doesn't like narcissists. ▲

—Mary-Lou Weisman



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WOULDN'T THIS FROST YA!

Since she isn't the one paying the electric bill, why not use the refrigerator as an air conditioner?

by Maynard Good Stoddard

Illustrated by Don Trawin

If, at this very minute, I was to confront my dear wife—who shall be nameless, for reasons soon to become apparent—and ask her if our checkbook balance stands closer to $5.00 or $5,000 (that $5,000 being a joke, of course), her studied answer would be, "Hmmm?"

Now, I love my wife as much as the next man. Loves his wife, perhaps I should add. But she doesn't have the slightest clue of where we stand assetwise because I'm the one who pays the monthly bills. I'm the one who writes the checks . . . and writes the checks . . . and writes the checks. Such as this current one for the electric bill. ("Current" one. "Electric" bill. Get it?)

There are a number of reasons why the electric bill leads the parade in sapping our assets to the red-ink stage every 30 days.

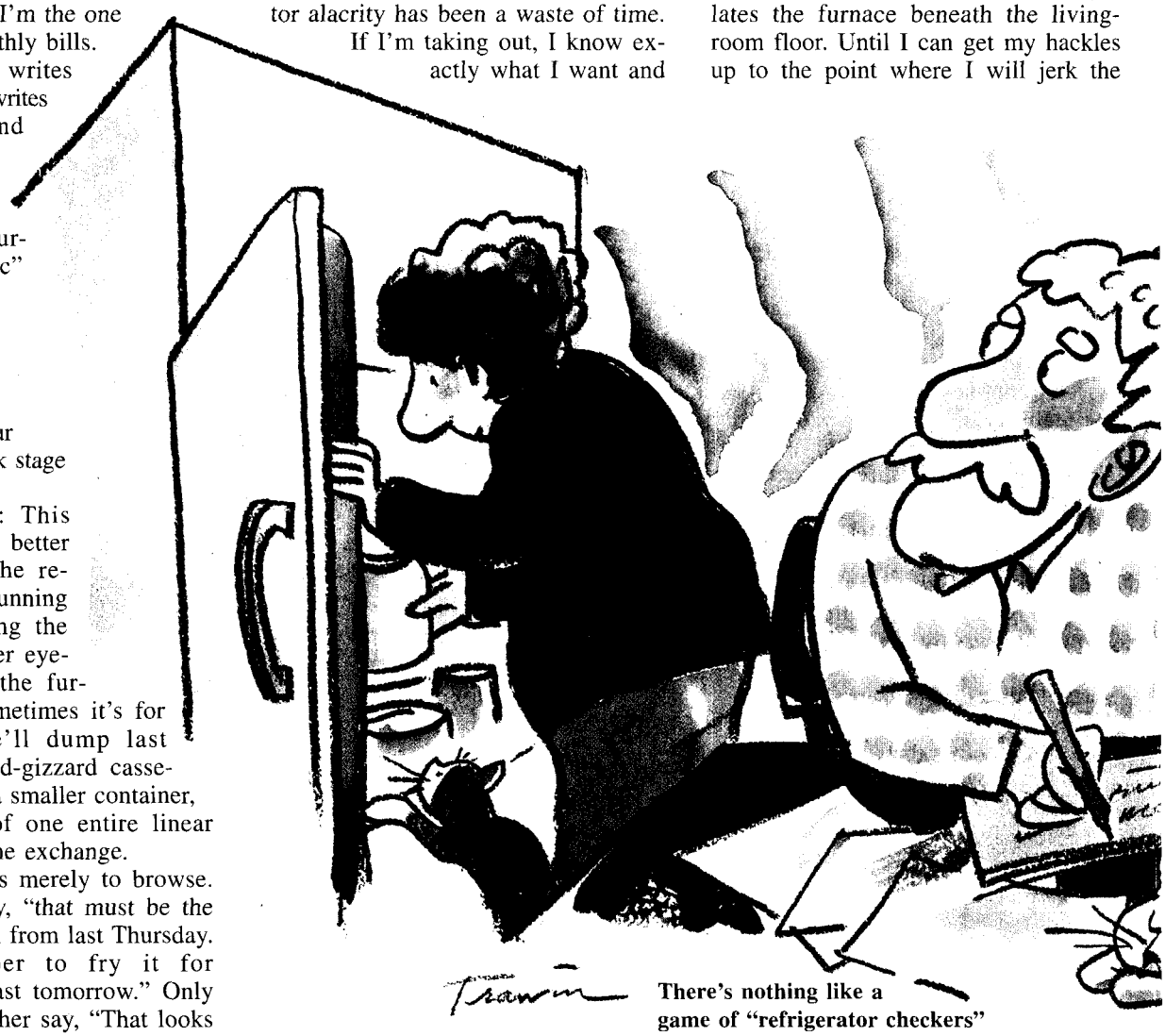
Reason No. 1: This woman I took for better or worse keeps the refrigerator motor running full tilt by holding the door open until her eyebrows frost and the furnace fires up. Sometimes it's for downsizing. She'll dump last week's spinach-and-gizzard casserole remains into a smaller container, saving upwards of one entire linear inch of space in the exchange.

Other times it is merely to browse. "Hmm," she'll say, "that must be the Hungarian goulash from last Thursday. I must remember to fry it for Maynard's breakfast tomorrow." Only yesterday I heard her say, "That looks like coleslaw in the Jell-O. I wonder how that got in there."

Now and then she'll keep the door open for a leisurely game of "refrigerator checkers." With my eyebrows frosting on the far side of the kitchen, she will move this dish over to that empty space, then jump a dish over that dish and move the jumped dish to a lower shelf, from where it will have to work its way up again. Some of these dishes have mold on the outside.

My setting an example of refrigerator alacrity has been a waste of time. If I'm taking out, I know exactly what I want and where it is before going in. Putting in, I can stick the stuff in and slam the door before the motor knows I'm there. My best time for a dish of coleslaw and a bowl of Jell-O is two seconds flat.

But it's not only the fridge that's freezing any hope of our checking account arriving one day at that elusive $5,000 mark. There's also the thermostat—offering a temperature range from 50 to (unfortunately) 100—that regulates the furnace beneath the living-room floor. Until I can get my hackles up to the point where I will jerk the



There's nothing like a game of "refrigerator checkers" to liven up the old household routine.

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contraption out of the wall, roots and all, solvency remains a lost cause.

In all fairness (which is a switch, I can hear you saying), the dollar drainage here may not be entirely the fault of you-and-I-know-who. Perhaps due to a prenatal temperamental problem of some sort, the nurses must have packed her in ice cubes at birth. And now, by golly, she's going to make up for it.

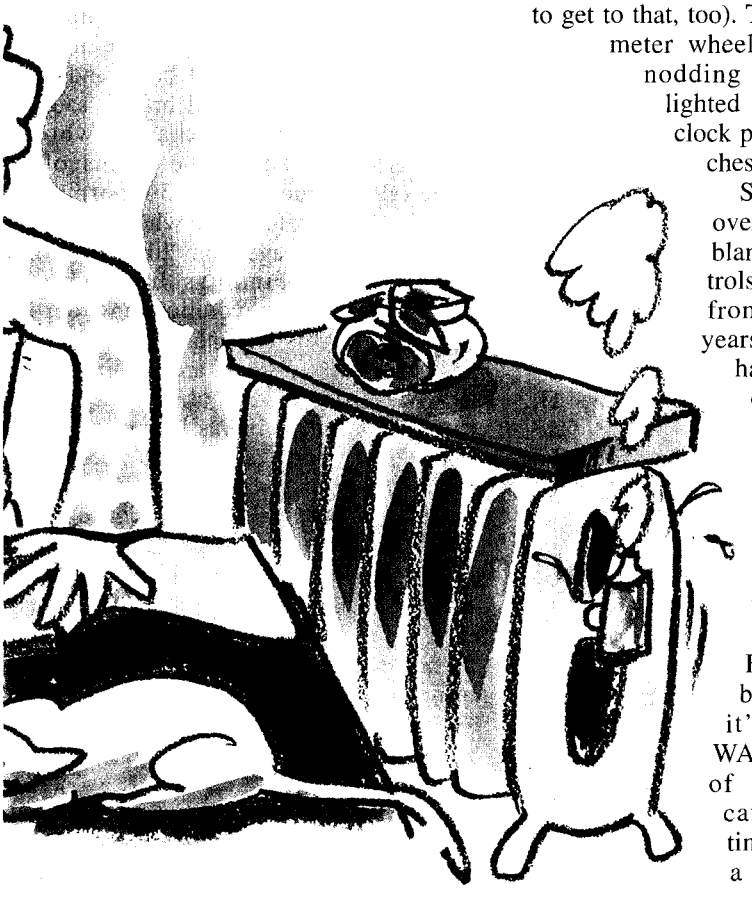
This means that the temperature in our humble hovel must be maintained at a paint-blistering setting near the top. Let me try to sneak the needle down to the "comfort zone," and the other occupant can be found buried beneath a sweater, a jacket, and the afghan, chattering, "Are we out of fuel?"

So back it goes, with the first occupant spending his indwelling hours stripped to the waist and sweating like the proverbial steer in a cornfield.

Perhaps I should explain right here—if I'm not too late—about my hemoglobin. In simple terms, hemoglobin is "the oxygen-bearing, iron-containing, conjugated protein in vertebrate red blood cells, consisting of about 6 percent heme and 94 percent globin and having as a typical formula $(C_{738}\ H_{1166}\ FeN_{203}O_{208}S_2)_4$." But don't take my word for it.

Anyway, the temperature problem keeps coming up because my hemes hover around the 10 mark, and my globins are somewhere in the neighborhood of 108. (I know. That gives me a hemoglobin rating of 118, but that's the way it is.) Dear wife, on the other hand, must have no more than a single heme, and her globins register closer to zero. Thus I don't complain of the cold until my dentures begin to ache and she wears mittens to handle the silverware.

You might think that bedtime would give the watt-hour meter some relief from its hectic daily pace. We have finished the bedtime reading, I by the rays coming through our window from the security light, she by a lamp holding a bulb of 50-100-150 wattage (no need to point out which two of the three numbers remain in their virgin state); the telephone (we'll get to that) lies quietly in its cradle; and the red light no longer glows on the kitchen range (remind me to get to that, too). The only excuse the meter wheel now has for not nodding off itself is the lighted dial on the digital clock perched on the cedar chest. Right?



Sorry. You have overlooked the electric blanket with dual controls, a Christmas gift from *her* to *me* four years ago. My control has yet to be turned on. Her control, except during the halcyon months of July and August, has yet to be turned off. And has she ever tried the "low" or "medium" setting? Fat chance. From beddown to bedup, it's set ALL THE WAY! Why her side of the bed hasn't caught fire by this time is little short of a miracle.

In addition to the expense of the voltage, what burns me up is that if one of my temperate feet should happen to stray over into her torrid zone during the midnight hours, you'd think I had dumped a load of frozen catfish on her. By the time I get her back into bed, I'm at full alert. And since I'm alert, what do I hear?

"How about turning up the heat?"

If you haven't gone outside to take a breath of fresh air by this time, there are a few more things apropos of this mess.

The teakettle stays hot all day. No telling when someone might be popping in (like the meter reader, say, awarding us for being User of the Month) and dying for a spot of tea.

Now this may be slightly beside the point, not that it has ever stopped me before, but I write letters. She telephones. My monthly postage bill runs 64¢. If her telephone bill is less than $70, I have this crazy thought that we have saved money. My two letters are usually fresh attempts to raise cash. She will talk to one of our daughters for a half hour, regardless of said daughter coming tomorrow for a three-day visit.

She will leave the vacuum cleaner on for the full half hour that she's talking. I turn off the engine of my big red 11-horse Murray riding mower to smooth a mole mound directly in its path.

I could go on. But I have a feeling that this already may result in my having to turn on my electric blanket for the first time.

Besides, I already know what you are thinking. No, I don't mean getting her to take a vow of poverty. I've tried that. You are thinking, *Why doesn't this dummy wake up and turn the checkbook over to Lois for a couple of months and let her write the checks?* (Now you've done it!) *Once she sees the results of her extravagance in black and white, he'll have a completely changed woman on his hands.* (You said it, I didn't.)

Oh, yeah! We may be headed for bankruptcy, buddy, but I'm not ripe for the loony bin. Not yet, anyway. Besides, she can already see the results of her monthly luxuries in black and white by looking on the refrigerator door, where I paste the bills.

Which reminds me. Somewhere I read of a refrigerator with a see-through glass door. Hmm . . . it would at least be a start. ▲

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KEEPING THE BRAIN SHARP AS WE AGE

Contrary to popular belief, the brain doesn't bottom out with time—scientists are discovering that if you use it, you won't lose it.

by Ronald Kotulak

Just as medical researchers discovered a few decades ago that muscles weaken without repeated exercise, neuroscientists are coming to the same conclusion about the brain—it rusts with disuse.

And just as exercise keeps people vigorous into their 70s and 80s, researchers are demonstrating that mental workouts can do the same for the aging brain.

Aging has long been thought to be an irreversible downhill slide into mental befuddlement. But the new research shows that was little more than a self-fulfilling prophecy, usually the result of brain disuse.

Furthermore, people do not lose massive numbers of brain cells each day as they grow older, as was once thought.

"We used to be taught we were losing nerve cells every day, something like a million a day," said Dr. Marilyn Albert, associate professor of psychiatry and neurology at Harvard University and director of gerontology research at Massachusetts General Hospital. "We're beginning to get very good evidence that there is not a lot of neuronal [brain cell] loss with age."

When Dr. Monte S. Buchsbaum first trained his PET (positron emission tomography) scanner on the brains of aging volunteers, he expected to see shrinkage in the area where memory is stored—confirming the widely held theory that forgetfulness increases with age as memory cells die off.

Positron emission tomography (PET) scanning allows investigators to follow the brain's consumption of sugar, the energy source the cells use to carry out their work. In one study, researchers found little difference between the scans of a 25-year-old and a 75-year-old.

"Boy, were we wrong," says Dr. Buchsbaum, director of the Neuroscience PET Laboratory at the Mount Sinai School of Medicine in New York. Punching keys on a computer, he calls up images that compare the brains of people in their 20s to those of people in their 70s and 80s.

He points to the frontal lobe, also called the neocortex, where we think about thinking, where plans are made to call up memories, and decisions are executed as to how to use them in ways that provide new insights, inspiration, imagination, and creativity.

After a 25-year-old is given a half-hour memory test, the frontal lobe glows bright yellow and red. The colorful display is an indication that radioactive sugar, which had been injected into the blood of the volunteers, was consumed as energy by billions of brain cells busily processing memory.

That was expected. The surprise was that the frontal lobe of a 75-year-old shone just as brilliantly after the same memory test.

"The good news is that there isn't much difference between a 25-year-old brain and a 75-year-old brain," said Dr. Buchsbaum, who scanned the brains of more than 50 normal volunteers who ranged in age from 20 to 87.

Findings like these are revolutionizing our understanding of the untapped powers of the brain, and they are leading to new ways of thinking of how people can maintain their brains in top shape.

Understanding that muscles need to be exercised had a dramatic effect on frailty in the aged. A generation ago, frailty could be seen in people in their 60s. Today frailty is not likely to be seen until people are in their 80s and 90s. Scientists are convinced that the brain can experience that same kind of turnaround.

When there is a severe decline in memory and mental function, it is usually caused by such diseases as Alzheimer's, which affects only 20 percent of the very old. Most of the

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other decline, the kind that people tend to fret about as they age, is now believed to be caused by a lack of mental exercise.

"The more levels of education you have, the more likely you are to engage in mentally stimulating activities, and that's actually good for your brain," Albert said. Her study of more than 1,000 people from age 70 to 80 showed that four factors seem to determine which oldsters maintain their mental agility:

- Education, which appears to increase the number and strength of connections between brain cells.
- Strenuous activity, which improves blood flow to the brain.
- Lung function, which makes sure the blood is adequately oxygenated.
- The feeling that what you do makes a difference in your life.

"Is mental exercise important for the brain? People used to ask me that years ago, and I would say we don't have enough data to say one way or another," Dr. Albert said. "I don't say that anymore. I tell them that's what the data look like—use it or lose it."

"Is mental exercise important for the brain? People used to ask me that. . . . I tell them that's what the data look like—use it or lose it."

—Dr. Marilyn Albert, associate professor of psychiatry and neurology at Harvard

Mental exercise, scientists are finding, causes physical changes in the brain, strengthening connections between brain cells called synapses and actually building new connections.

Such physical changes can occur within seconds, as when we shift attention, or they may take hours or days, as some memories are cast into the biological ingots that last a lifetime.

Education and interesting work protect people against Alzheimer's disease, research shows. The more connections a person has between brain cells, the more resistant he or she is to the onslaught of this memory-robbing disorder.

Dr. Yaakov Stern, a clinical neuropsychologist at Columbia University, found that people who had less than an eighth-grade education had twice the risk of Alzheimer's as those who went beyond the eighth grade. And when people with lower education levels also worked at mentally unstimulating occupations, they had three times the risk of becoming demented.

While the research of Dr. Buchsbaum and other scientists shows that the brain remains pretty much intact as it ages, some deterioration does occur. Weak points have been discovered in specific areas of the brain that act as relay switches, passing messages between the memory bank and other parts of the brain.

The relay switches include the basal ganglia, which pass on commands to move muscles; the hippocampus, which decides if memories are to be placed in short-term or long-term storage; and the amygdala, which imprints memories with such emotions as fear and love.

Dr. Buchsbaum found that although the memory bank in the brains of older people glows as brilliantly as it does in younger brains, some relay switches, such as the basal ganglia, are a bit dimmer. That means the basal ganglia are less active, almost lazy. As a result, muscle coordination declines, perhaps explaining why many older people tend to slow down.

Other memory problems may occur when different relay switches falter or fail to work.

The new findings may make it possible to identify these dim relay switches and develop techniques to brighten them up again. These could include mental exercises that stimulate specific areas of the brain such as the basal ganglia and the hippocampus, or drugs like neurotrophic factors that can reinvigorate brain cells.

Research indicates that certain exercises can build up specific brain areas, and some scientists are setting up programs to use this new knowledge to help learning-disabled children.

New research also shows that the aging brain retains much of the same capacity as a child's brain to rewire itself. Although adult brains are not quite as good at repairs as infant brains, they still do an amazing job.

One of the first recorded examples of such repair occurred in 1909 when psychologist Kenneth Craik did a stupid thing, something children are always told not to do.

Out of scientific curiosity, Craik stared at the sun with one eye, destroying light receptors in the center of the retina. The receptors could no longer send information directly to the brain cells that process vision, so Craik's central vision was lost in that eye.

Ever the scientist, Craik assiduously noted what happened to his sight. Immediately after the damage, he couldn't see to aim a rifle. Words were missing from pages, and birds vanished from the sky.

But then a strange thing started to happen: Within a month, some of his central vision began to return, and by the end of six months, he could see normally again.

Only now have scientists figured out what happened to Craik. In doing so they have opened a new door into the brain, shattering the old concept that brain circuits that allow us to see, think, remember, and act were "hard-wired" and never changed.

Rockefeller University scientists who repeated Craik's experiment in animals found that the brain in adulthood and older age can rewire itself. In the case of the animals—and presumably Craik—brain cells that no longer received inputs from the eye's damaged sensory cells made new connections to healthy sensory cells so that they could see again.

Evidence that the brain can repair itself has important implications for repairing damage caused by stroke, for rewiring destructive thought patterns, and for learning new skills.

This ability to change circuits, to change the functional properties of brain cells, is something that originally evolved to help people recover from damage to the brain, theorizes Rockefeller University neurobiologist Charles Gilbert.

But it was such a good adaptive device that the brain used the same mechanism of repair to construct memory. And both memory and repair depend on stimulation.

"As a society we tend to ignore the value of mental activity," Gilbert said.

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"We need to recognize the importance of challenging our minds as a vital component of health, of mental health."

How easily mental function can be lost was shown in the landmark Seattle Longitudinal Study. Started in 1956 by K. Warner Schaie, who is now director of the Gerontology Center at Pennsylvania State University, the study examines what happens to intellectual abilities as people age. More than 5,000 people aged 20 to more than 90 are involved in the study.

Intellectual decline varies widely, Schaie found, depending on whether people let their minds loaf or keep them busy. One out of four 80-year-olds, for example, is as bright as he or she has always been. "There are very few toddling, senile millionaires," Schaie said. "It takes education and resources to make and keep that kind of money."

New evidence is challenging the notion that we lose massive numbers of brain cells each year—a loss used to support the theory that forgetfulness is a natural part of the aging process. Brain cells, also known as neurons, form a complex neural network that receives, analyzes, coordinates, and transmits information throughout life.

Couch potatoes, on the other hand, are the quickest to slip into intellectual limbo, he said. The danger starts when people retire, decide to take things easy, and say they don't have to keep up with the world anymore.

"A vicious cycle sets in," Schaie said. "If you don't do an activity anymore, you begin losing the skills to do it. Then [you] are even less likely to engage in those activities."

Bridge players do very well on mental tests; bingo players don't. Crossword-puzzle workers do better on verbal skills, and jigsaw-puzzle players tend to maintain their spatial skills. There are many ways to exercise the brain, but you've got to do something, Schaie said. "It's the inactive people who tend to show the most decline. The people who are almost too busy to be studied are the ones who do very well."

Seven factors stood out among those people who hung onto their intellectual prowess as they aged:

- A high standard of living marked by above-average education and income.
- A lack of chronic diseases.
- Active engagement in reading, travel, cultural events, education, clubs, and professional associations.
- A willingness to change.
- Marriage to a smart spouse.
- An ability to quickly grasp new ideas.
- Satisfaction with accomplishments.

Although some mental abilities begin to decline after the age of 60, others, such as verbal and numeric abilities, actually increase. Schaie found that only 20 percent of adults experienced some mental decline from 60 to 67; 36 percent declined between 67 and 74 years; and 60 percent declined from 74 to 81.

But if mental function is easy to lose through inactivity, it is just as easily reclaimed through mental retraining. Schaie and his wife, Sherry L. Willis, found that teaching oldsters new skills increased their brain power and improved their memory, intellectual gains

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that lasted for years.

Their study involved 229 people over the age of 65. Half had declined over the last 14 years in two important areas—inductive reasoning, or problem-solving, and spatial orientation, or knowing how to read a map or assemble objects. The other half had remained stable in these two skills. After five hours of training with geometric shapes, 50 percent of the people who had remained the same over the 14-year period significantly increased their reasoning and spatial abilities.

Of those people who had declined, most improved, and an incredible 40 percent of them recovered the intellectual capacities they'd had 14 years earlier. Furthermore, when they were retested seven years after the training program, people with the biggest initial gains were still ahead of their previous levels.

The findings suggest three ways to help the brains of older people. Training can boost intellectual power; it can maintain mental function; and it can reverse memory decline and the loss of other intellectual abilities. "The results of the cognitive training studies suggest that the decline in mental performance in many community-dwelling older people is probably due to disuse and is consequently reversible, at least in part, for many persons," said Schaie.

Intellectual abilities increase with training, but what is going on inside the brain to make that happen?

Scientists know that stimulating environments greatly increase the overall number of connections in animal brains, thereby increasing brain power. Could certain exercises build up connections in specific parts of the brain to strengthen lazy or weak relay switches that keep the brain from using its full power?

To find out, Rockefeller University neuroscientist Hiroshi Asanuma trained monkeys to catch a ball. The ball was a round pellet of food that the monkey could eat if it was caught, but would disappear under the floor if missed.

The task involved two parts of the brain. One was in the sensory cortex, where information coming in through the eyes tracked the ball, and the other was the motor cortex, from which commands were sent to the arms to catch the ball.

Using sophisticated new technology, Asanuma found that as the catching task was mastered, communication lines between the sensory and motor cortex in the brains of the monkeys became stronger. More remarkable, he showed that there was a 25 percent increase in the number of connections along the sensory-motor communications highway.

No other part of the brain had an increase in connections, meaning that Asanuma was seeing for the first time the biological changes that occur when the brain learns a specific task.

"This had been expected for nearly a century, but it had been difficult to prove," he said. "There's no other way of understanding learning: There must be specific changes in the brain."

Science is awakening to the fact that the brain reorganizes itself during learning, said Michael Merzenich, a pioneering neuroscientist at the University of California at San Francisco (UCSF). "It's something that people don't realize. They don't think about the power that they have within themselves to change their brains."

The findings suggest three ways to help the brains of older people. Training can boost intellectual power; it can maintain mental function; and it can reverse memory decline and the loss of other intellectual abilities.

The problem is that the brain can organize itself in good ways, like learning to play a violin or mastering calculus, or in bad ways. When the brain wires itself in negative ways, the result is learning disabilities, obsessive-compulsiveness, or other behavioral problems.

When someone can't understand language, or can't read or do math, or has some behavioral problem, people tend to think it is caused by a defect in the brain. "It's not a brain defect or limitation at all," said Merzenich. "These kinds of problems really represent a different learning pathway that the brain has taken. Learning disabilities are usually learned."

Understanding that the brain can organize itself to do undesirable things is a profound insight, akin to the discovery that germs cause infection. Now neuroscientists can better understand how behavioral problems are caused, how they can be prevented, and how they can be corrected.

Merzenich, one of the first scientists to show that adult animal brains undergo massive physical changes with general learning, hopes to use Asanuma's discovery to change specific behaviors by precisely rewiring certain parts of the brain.

He already has had success with musicians suffering from focal dystonia, a condition in which the brain organizes itself to double up on muscle movements. A pianist, for instance, who continues to practice to improve his performance may suddenly find that when he moves one finger, the adjacent finger moves with it.

The two fingers can't be moved separately. The reason for this, Merzenich believes, is that in attempting to increase finger speed, the brain reaches a point where the signals coming in from two fingers blend into one signal.

Focal dystonia is an example of the way the self-organizing brain can fall into a trap in which it continually reinforces inappropriate actions. Negative thoughts also become traps, recycling endlessly and producing obsessions, phobias, and other behavioral problems.

To separate the movements of the two fingers, the brain has to be retrained. Feedback devices—usually electronic instruments that measure different body responses such as muscle movement, blood flow, and temperature—are used to help the brain sense different movements in the two fingers.

"The musicians have to accomplish by dint of will and learning how to

continued on page 68

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A vote is a vote is a vote—even when cast for president for the first time by a citizen of "Seward's Folly" or the Sandwich Islands, better known in 1960 as the brand-new states of Alaska and Hawaii, respectively. This cover by artist Constantin Alajàlov carries the message that people living together in harmony offer bright evidence of the democratic way of life they are voting to preserve.

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THE AMERICAN ILLUSTRATORS HALL OF FAME

THE POST GOES TO THE POLLS

The clever campaigning of America's foremost cover artists through the years has kept Post *readers in the vanguard.*

by Maynard Good Stoddard

A delegation from Kansas, calling upon Theodore Roosevelt at Oyster Bay, New York, was met by the president with coat and collar off. "Ah, gentlemen," he said, mopping his brow, "I'm delighted to see you, but I'm very busy putting in my hay just now. Come down to the barn and we'll talk things over while I work."

When they reached the barn, there was no hay waiting to be thrown into the mow. "James!" shouted the president to his hired man in the loft. "Where's that hay?"

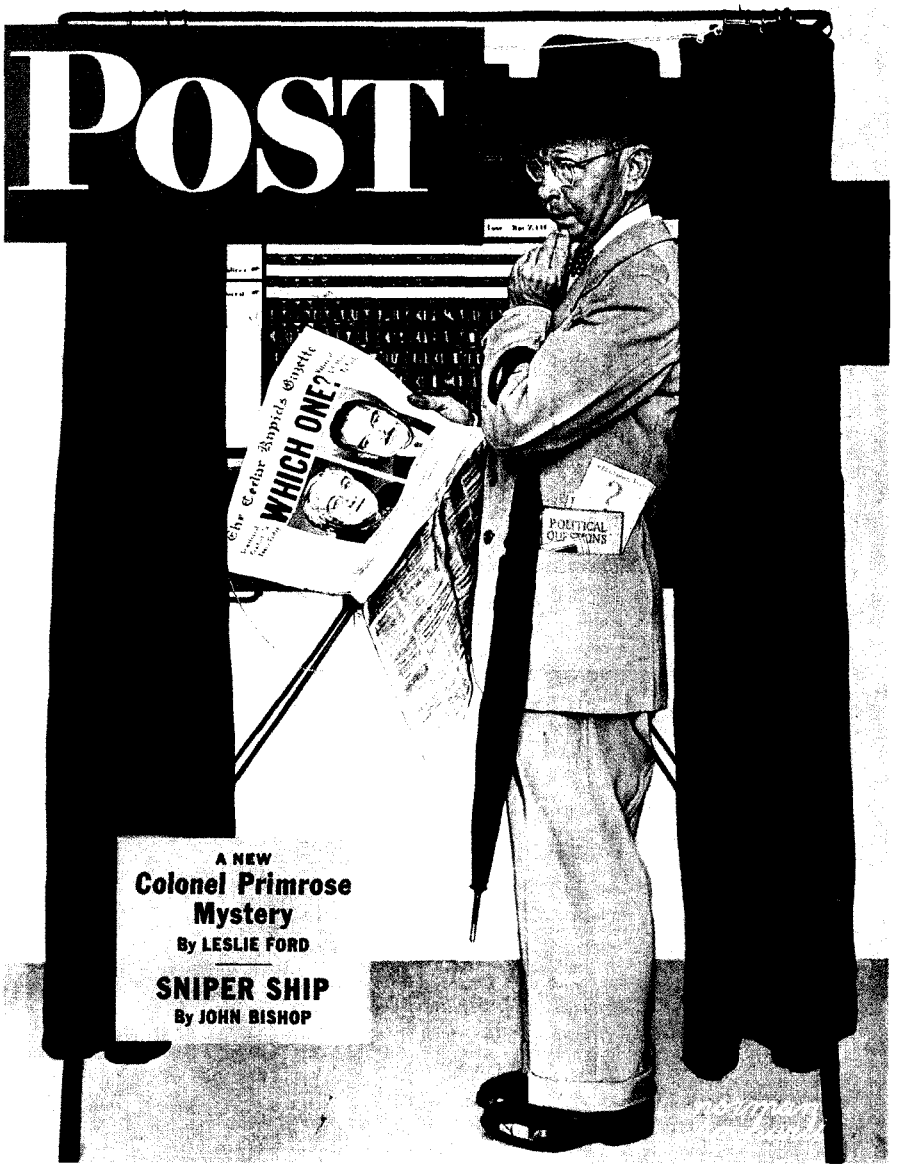
"I'm sorry, sir," admitted James, "but I just ain't had time to throw it back since you forked it up for yesterday's delegation."

Anything to impress the voters, right? Yet let us not begrudge "Teddy" for pitching hay. If today's candidates pitched nothing but hay to get votes, the electorate could face an approaching election with confidence.

Unfortunately, it's all the other stuff they pitch that has us rolling up our trouser legs for six long months before election day. Unfortunate, too, that stuff is pitched today not from the old-time stump, from which we could escape, but from mailbox to billboard, from newspaper to TV, from airways to Internet. There is no out.

Is the candidate delivering fact or fiction? Is he or she pitching hay or that "other stuff"? Only one thing is sure: Political campaigns over the years have provided a field day for *Post* artists. With unbiased brush and easel they have endowed millions of delighted *Post* readers with their interpretations of these spectacular events.

So, step into the booth, take a look . . . then cast a vote for your favorite cover artist.



"I always voted at my party's call/And I never thought of thinking for myself at all." Thus goes a couplet by W.S. Gilbert, but while this may excuse a voter for having helped elect a crook to office, what about the poor chap trying to set a precedent by making up his own mind? Which one? That's tough. That's really tough.

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Upon being asked the political views of the husband and wife squabbling on this election-eve cover, Norman Rockwell said: "The husband (unmarried) is from Manchester, Vermont; the wife (unmarried) is from Newfane, Vermont. The child (unmarried) is from Arlington, Vermont. . . . The canary is off a picture in a birdseed catalogue. They are all good Vermont Republicans. To paint a Democrat, I'd have had to go out of the state."

The Saturday Evening
POST
October 29, 1960 - 15¢

WITH CANDIDATE KENNEDY ON CAMPAIGN
HOW TO CATCH A FALLING SPACE CAPSULE
WILL MEXICO TAKE THE "CASTRO" WAY?
EILEEN FARRELL: OFFBEAT PRIMA DONNA

When it came to presenting portraits of presidential candidates, the Post *came to Norman Rockwell, who else? And Rockwell went to Hyannis Port, Massachusetts, home of Jack Kennedy, our 35th president, early on the morning of June 11, a month before the then-senator was nominated. Kennedy, still in his pajamas, hollered down to Rockwell, "Make yourself comfortable." The pajamas were wrinkled, Rockwell said, "but he was wonderful."*

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Artist John Falter took brush in hand to take the millions of **Post** *subscribers to a demonstration at the Republican convention. Identification of the celebrant is not important; it's the excuse to get out of that cramped chair that counts. We* **do** *know the identity of that gentleman in the white jacket, lower right. He is Clarence Budington Kelland, whose stories were familiar to* **Post** *readers.*

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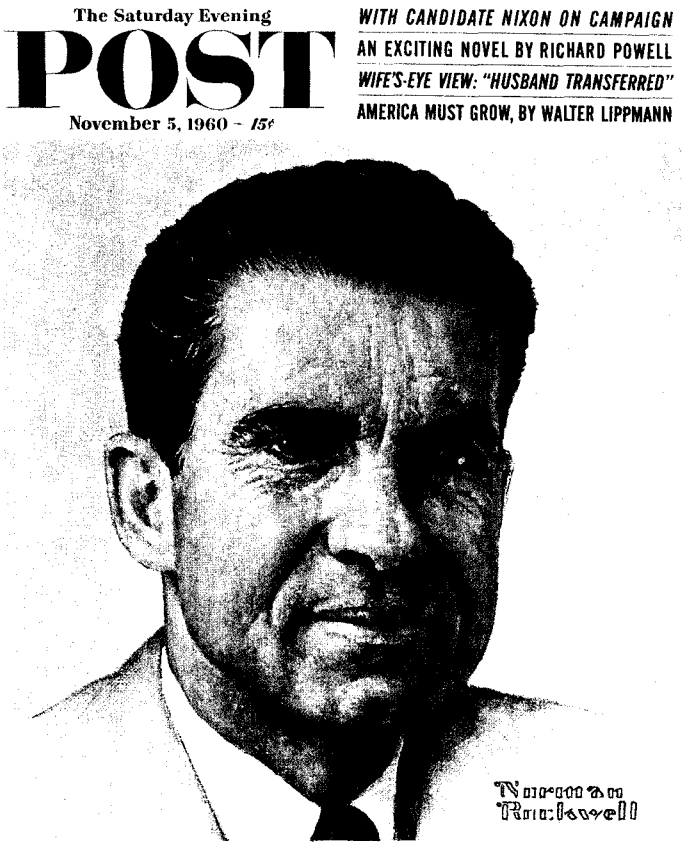
The Saturday Evening
POST
November 5, 1960 - 15¢
WITH CANDIDATE NIXON ON CAMPAIGN
AN EXCITING NOVEL BY RICHARD POWELL
WIFE'S-EYE VIEW: "HUSBAND TRANSFERRED"
AMERICA MUST GROW, BY WALTER LIPPMANN
Norman Rockwell

Norman Rockwell's two sons, Tom and Jerry, accompanied the artist to the new Senate office building, where he captured this likeness of Richard Milhous Nixon, our 37th president. Though Tom was enchanted by Nixon, while Jerry remained a faithful Kennedy rooter, this mattered not to Rockwell. "Me, I love anybody who poses well," he said. "And Mr. Nixon sure did that."

Speaker: "In conclusion, what our country needs is a two-day work week, bank loans without interest, a TV set in every room . . ." Voice from the floor: "And how about abolishing taxes?" Speaker: "I say we need a new broom that will sweep clean. And so I place in nomination our great fellow countryman and Post *cover artist, the Honorable Constantin Alajálov!" Second voice from the floor: "Aw, shut up and sweep."*

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Pictures showing the discrepancy between "Before" and "After" sell products. This picture followed tradition by selling the editor of the **Post** *on the disparity between the smiling candidate and the pooped-out loser with the vacant stare—no doubt reflecting on all of his promises being mere words blowing in the wind. Pure Rockwell, of course.*

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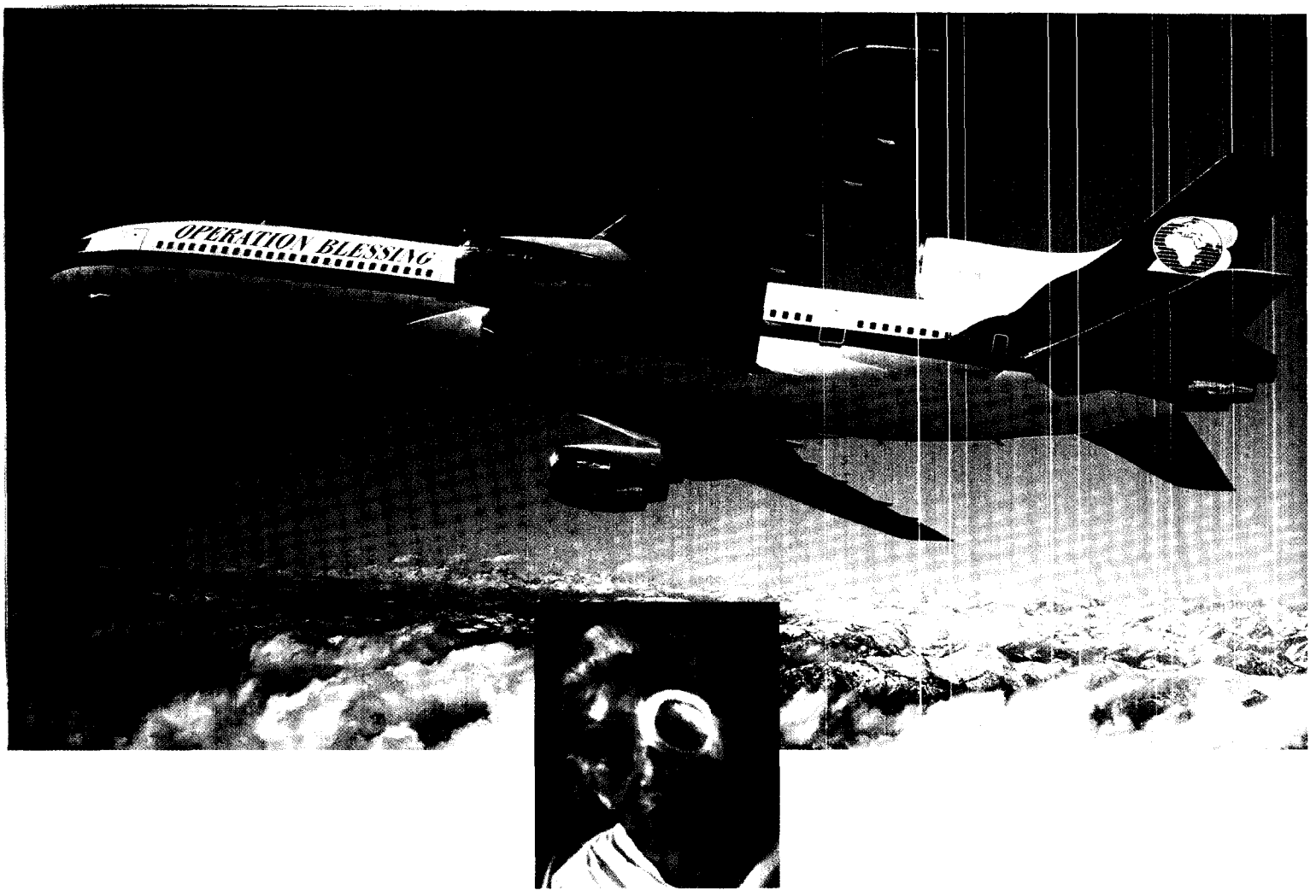

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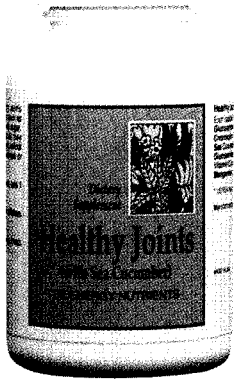

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VETS ON PETS

HOLIDAY HAZARDS FOR PETS

Give your pet (and your vet) a break this Christmas season by taking simple precautions to prevent holiday-related injuries.

by Gregory J.A. Moore, V.M.D.

Illustrated by Don Trawin

Playful puppies romping in the snow with bundled-up children, wide-eyed kittens mesmerized by flashing Christmas lights—these are the happy images we conjure up when we associate our pets with the holidays. But beware! Behind many of our cherished yuletide traditions lurk potential disasters.

Every Christmas season, veterinarians treat numerous pets for serious conditions directly related to holiday celebrations. In my practice alone, I see dozens of these cases each year. Awareness of the following common holiday hazards, and appropriate precautions, can help you prevent tragedy in this season of joy.

Lighted candles, hot electrical decorations, and open fireplace screens hold potential dangers for romping household pets.

Toxicities

Several years ago during the week preceding Christmas, a woman presented the limp body of a young kitten to my office. She reported the kitten had been healthy until that morning, when she found it unconscious in her living room. At that point, she rushed her pet to my veterinary clinic, where he was dead on arrival. I performed a necropsy and found mistletoe leaves and berries in the stomach.

Poinsettias, holly, and mistletoe are beautiful but poisonous decorative plants. Mistletoe and holly, in particular, are often deadly if ingested by curious pets. Keeping pets away from these plants is imperative, and substituting artificials may be the safest solution.

Decorative plants are not the only seasonal poisoning culprits. Antifreeze dripping from car radiators has a sweet taste that attracts pets. Animals that lick up the solution often suffer permanent kidney damage before symptoms appear. As little as one tablespoonful can be lethal to a 20-pound dog. Immediate cleanup of spilled antifreeze is a must.

Human medications inadvertently left out by houseguests are another common source of holiday toxicities. Dogs often chew through plastic childproof containers, and guests should be advised to keep their prescriptions where pets can't get at them.

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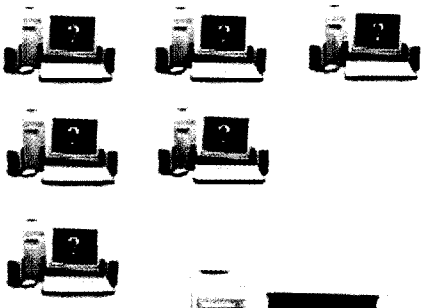

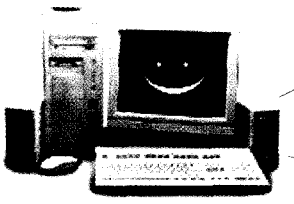

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Burns

Lighted candles, hot electrical decorations, open fireplace screens, and bubbling fondue pots make up part of the holiday scene in many households. All have the potential to produce burns in romping household pets. Veterinarians see burn cases ranging from lethal scalds to minor singeing of foot pads. When pets are in the house, you must consider every possible scenario for contact with fire and heat. I treated a severely burned cat several Christmases ago after it jumped into a fireplace to escape pursuit by another family pet.

Electrical Shock

Working late at my clinic on a December evening about ten years ago, I was startled to see a man stumble through the door carrying a limp bundle of white fur. I immediately pulled him into an exam room. "What have we got?" I asked, as I began examining his unconscious pet.

He told me he had found his three-month-old samoyed puppy comatose under the Christmas tree. "He was just fine when I left to go shopping, Doc, and when I got back, he was just laying there completely out of it."

A quick exam confirmed my suspicions. Small burn marks were visible on the muzzle and tongue. The puppy had been shocked by biting an electric cord. I began an IV drip and administered dexamethasone and antibiotics.

The puppy eventually recovered from the electrical shock, but it required a prolonged course of antibiotics to conquer a secondary pneumonia resulting from electrical current tracking into the lungs.

The potential for electrical shock in pets is greatly increased during the holidays due to the numerous electric cords used for lighted decorations. Cords should be hidden where possible, or guarded with pet-proof conduit to prevent tragedy.

Ingested Foreign Bodies

Another of my clients was sitting in her living room watching a Christmas special on television when she noticed "Fletcher," her two-year-old male Siamese, hunched under a chair across the room. Fletcher was seldom seen sitting still, and he obviously was not up to indulging in his usual acts of mischief with his three feline litter mates. The big cat howled in pain when he was picked up, and his owner noticed patches of foamy vomitus on the rug near the chair. The woman called my office, and I asked her to bring Fletcher right in. Radiographs defined the problem. Fletcher had a two-foot-long strand of tinsel in his intestines and required abdominal surgery and intense supportive care to remove the foreign body. He recovered without complication and lived to be 17 years old.

Such a scenario results when a pet swallows a stringlike object. At Christmas this is usually ribbon, tinsel, or yarn. The intestine actually climbs along the length of the material to form a compacted, accordion-like mass that, unless promptly removed by a surgeon, obstructs the bowel and often kills the pet. You should dispose of used ribbon immediately, eliminate stringlike decorations, and gather up yarn and other handicraft materials to

continued on page 84

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John Wayne

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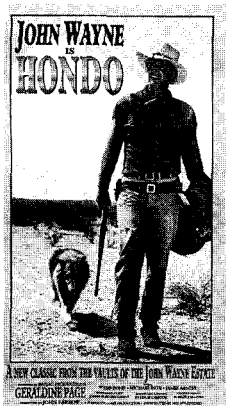

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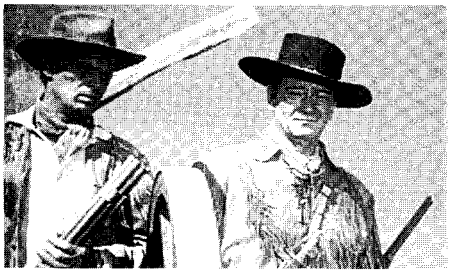

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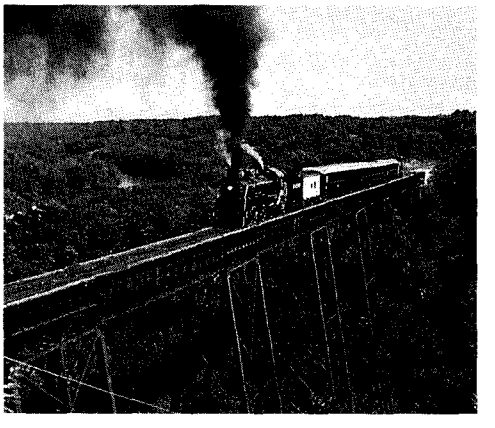

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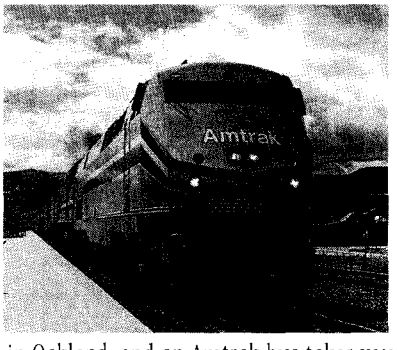

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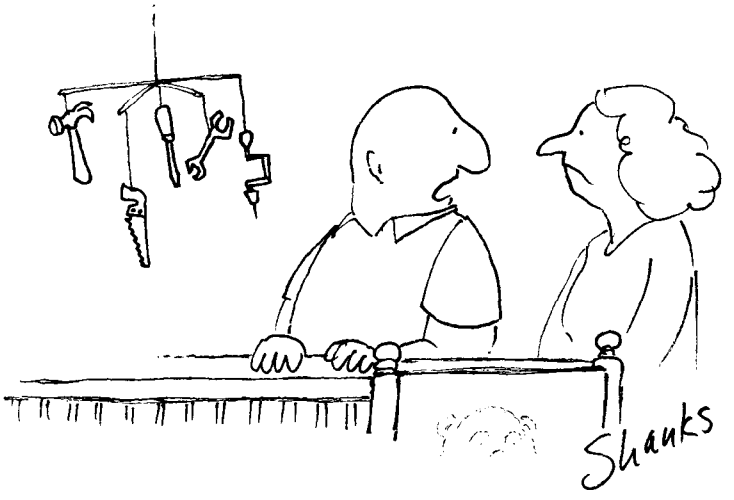
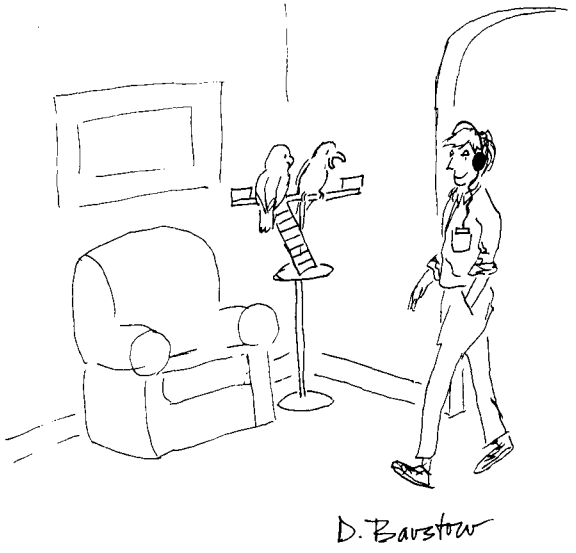
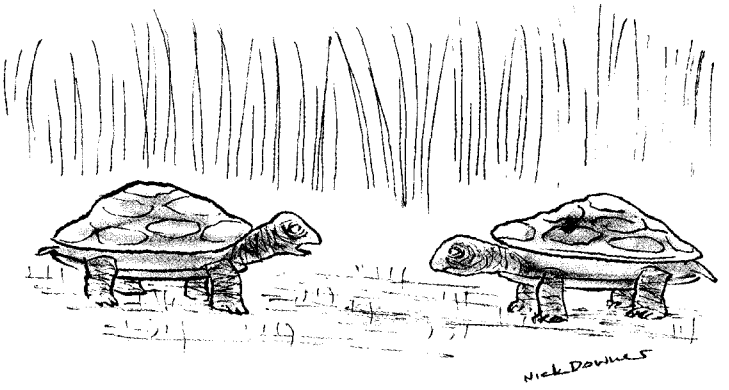


"I'm just slowly introducing him to the family business."



"Some people take a long time to learn a song."



"I would have been here sooner, but I was fighting the continental drift."

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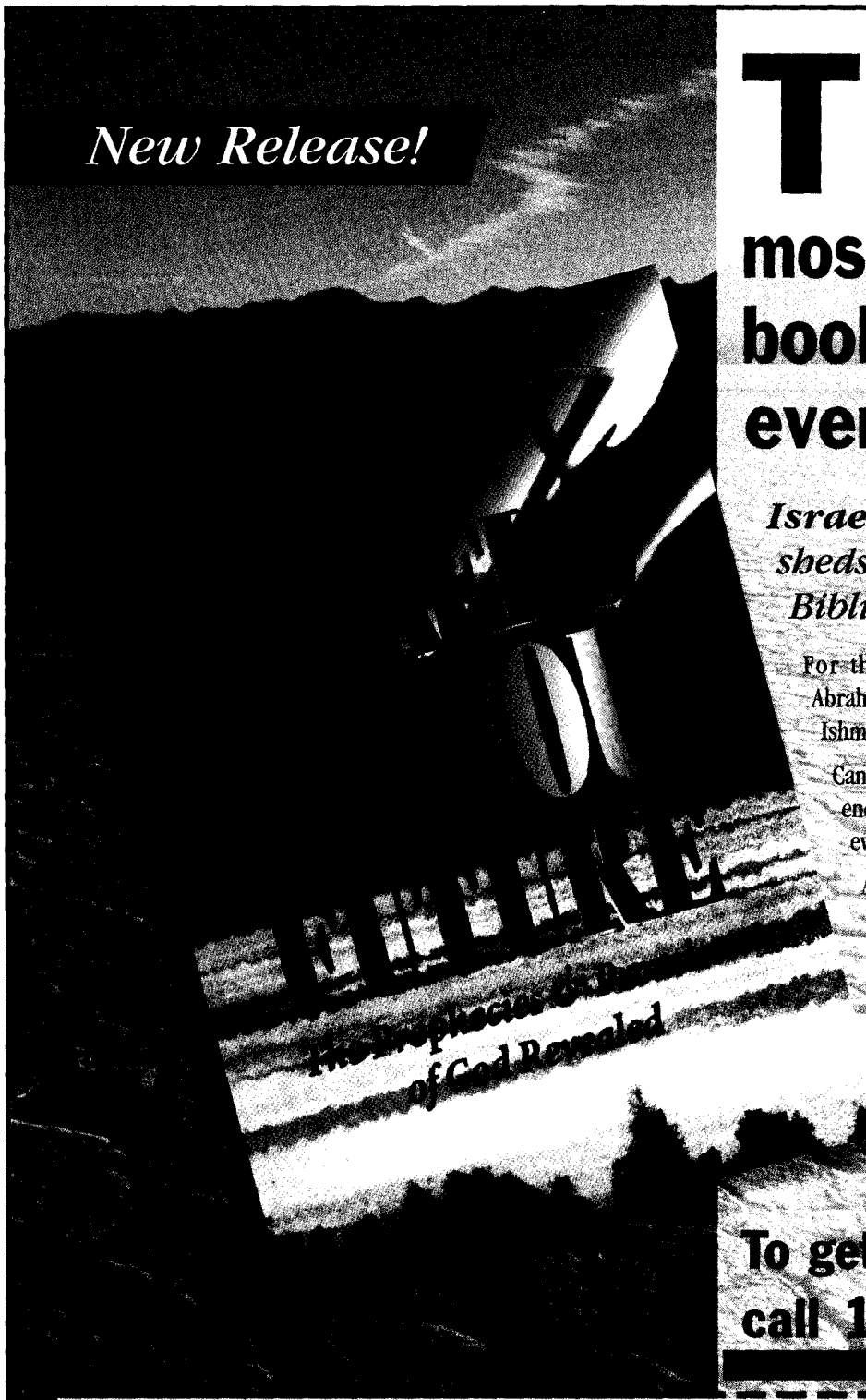

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Keeping the Brain Sharp

continued from page 53

separate finger movements," he continued. "It's crucial that they know that they're actually effecting independent contractions of the finger muscles."

Behavioral therapists use the same kind of strategy to treat people with obsessions, compulsions, or other behavioral problems, even depression caused by negative thinking processes. "When you get over these things, you get over them on the basis of engaging the learning process," Merzenich explained. "It involves reorganization of the brain to replace inappropriate thinking traps with more effective circuits."

A similar approach is being used to help learning-disabled children, thanks to a seminal discovery by Paula Tallal of Rutgers that the brains of these youngsters learned to process speech in slow motion. As a result, words in normal speech flow together and their meaning is lost. Tallal found, however, that when speech was slowed down, learning-disabled children could understand it.

Merzenich showed it was relatively easy to train animal brains to slow down and then speed up. First he taught animal brains to organize themselves in ways that processed sounds slowly. Then he showed that brain processing could be speeded up with new learning.

"That indicated to us that we could actually create the signature condition of a learning-disabled child and then reverse it," he said.

Using these discoveries, the two researchers and their colleagues developed a fast and simple therapy that uses computer games to dramatically improve the speech skills of children with dyslexia and other language-based learning disabilities.

"We were really shocked at the improvement in these children over a relatively short course of training," said Merzenich. In only 20 sessions that lasted 20 minutes each, children ranging in age from five to ten years were able to advance more than two years in their speech skills.

The researchers found that language comprehension improved to normal, near normal, or above normal in children who had been two to three years behind their peers in speech skills. "The children thought they were playing a game," Merzenich said. "They didn't realize that they were rewiring their brains."

The research, which was supported by a $2.3 million grant from the Charles A. Dana Foundation, has major implications for helping children with speech and reading problems and attention deficit disorder. Language-based learning problems are estimated to affect about 10 percent of school-aged children and cost the United States about $7.5 billion annually. They are a major reason why many students drop out of school.

"Rover, someone here to see you about a problem!"

The findings are especially encouraging for children who have difficulty learning to talk (developmental dysphasia) or have subsequent reading problems (developmental dyslexia). These disorders are notoriously difficult to treat.

"We believe this therapy would be more effective and certainly far cheaper than anything now available to treat these children," Merzenich said.

The new therapy may also help people who have suffered strokes or other types of brain damage that have impaired their ability to talk.

In a typical case, a six-year-old child whose understanding of language was like that of a three-year-old, talked like a five-year-old after the brief computer therapy.

The children are happier and more socially active. "One father told me, 'You gave me a son I can talk to,' " Tallal said. A mother reported that her daughter went to a party and for the first time was participating in the middle of the group, rather than on the outside.

Girls with language disorders tend to be shy and retiring, while boys tend to be hyperactive, inattentive, and difficult to manage.

Tallal found that the reason many children have speech and reading problems is that their brains cannot process consonant sounds, which are spoken at a much faster rate than vowels. As a result, they are unable to distinguish between sounds such as "da" and "ba."

Normal children take only ten milliseconds to distinguish between two consonant sounds. But speech-impaired children require hundreds of milliseconds to recognize the difference between these different parts of speech.

It's like taking a beginning course in Spanish and then going to Spain and expecting to speak the language. For children with language disabilities, sounds run together. They don't make sense.

"Children who have trouble understanding what other people are saying to them have difficulties in developing the tools that really make us human, the ability to talk and communicate and carry on conversations," Tallal said.

Language impairment inhibits the development of reading skills because understanding the sounds of words is necessary in order for the visual words to be matched with their sounds.

Tallal's discovery—that when consonant sounds are slowed down on a recording, the children can distinguish them and learn to understand speech—paved the way for the computer therapy program.

Under the direction of William Jenkins, a UCSF professor of otolaryngology, the research team devised computer games such as "Old MacDonald's Flying Farm and Phonic Match" that the children could play on interactive multimedia CD-ROM equipment. The computer program slowed down the sound of consonants in speech and made them louder so that they could easily be distinguished by the children.

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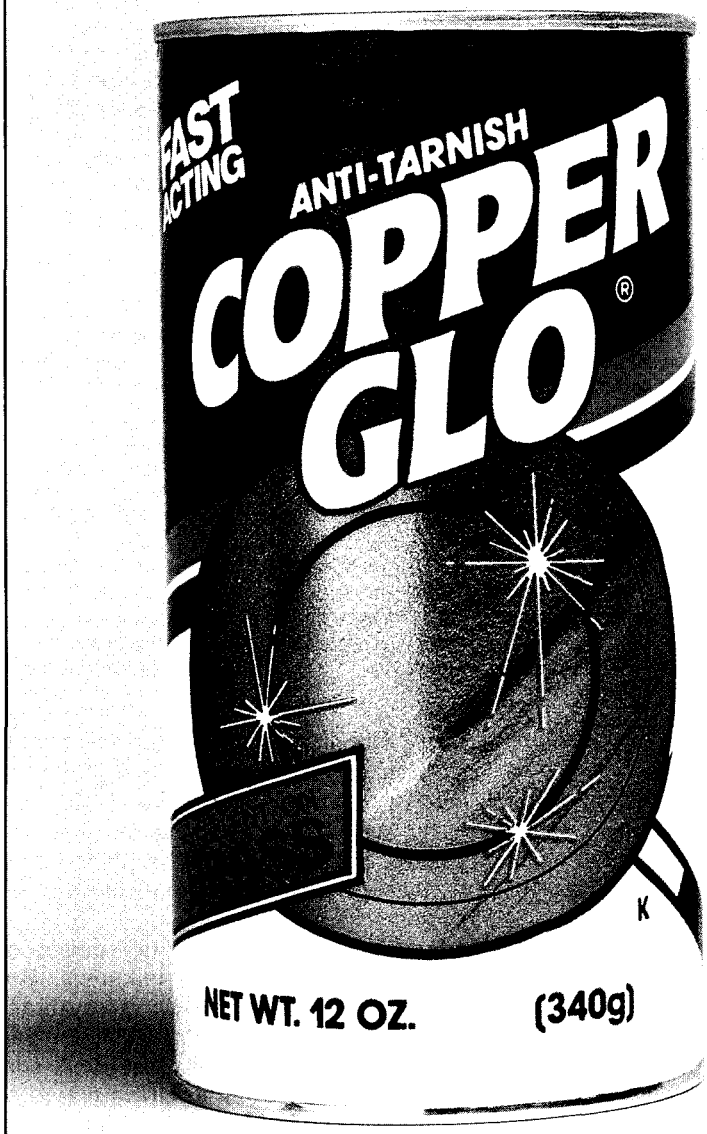

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The computer finds a rate at which a child is 80 percent accurate at matching sounds to consonants or words. The computer scores every trial, and when a child gets two to three correct matches in a row, it speeds up the sounds slightly.

In the farm game, children "chase" a flying cow around the barnyard. As they do so, the computer produces a series of sounds that change unexpectedly. The child releases a button to indicate the change has been heard.

For example, a child might hear "pack, pack, pack, pat." At the sound of the last word, the child reacts.

"If he is quick enough, he gets a point and the cow runs into a barn," said Steve Miller, a researcher at Rutgers University. "If it's a miss, the cow keeps flying around."

As the children become more efficient at recognizing individual sounds, the computer continually speeds up the sounds, providing rewards every time the children notch a higher speed.

Within a short period of time, the children are able to comprehend speech at near normal or above normal levels, indicating that their brains are being reorganized as a result of experience and training.

"That's quite amazing," said Tallal. "It's very hopeful because it suggests that for whatever reason these children are impaired—and end up with language and reading problems—it's fixable."

The improvement appears to be permanent, because the brain of a learning-impaired child is hungry for this kind of information. It is brain food the child has not tasted before.

"Now that they are exercising those parts of the brain that process faster information, they're getting that information in the real world all the time now, which helps them to constantly strengthen their language capabilities," Tallal said.

Learning-disabled children are often misdiagnosed as having an attention deficit disorder. The reason these children do not pay attention is because they don't understand what the teacher is saying.

Tallal and her colleagues are developing screening tests to identify infants who may be susceptible to language disorders, so that early treatment might head off disabilities.

"Our hypothesis is that these children may never have these problems if we can provide them with the kind of speech that they can process and strengthen those parts of their brains that process fast combinations of sounds," she said.

The actual underlying cause of speech impairment is unknown. But researchers believe that many things may contribute to the problem. Among them are ear infections that block normal hearing during a critical period of brain development, or a child simply learning the wrong way to hear sounds.

"There's really nothing wrong with the learning machinery in these kids," said Merzenich. "It's just that they learn in a way that is counterproductive for dealing with fast speech.

"This represents the beginning of a revolution—a clearer understanding that learning and self-organization of the brain have an impact not just for learning-disabled children, but for everybody." ▲

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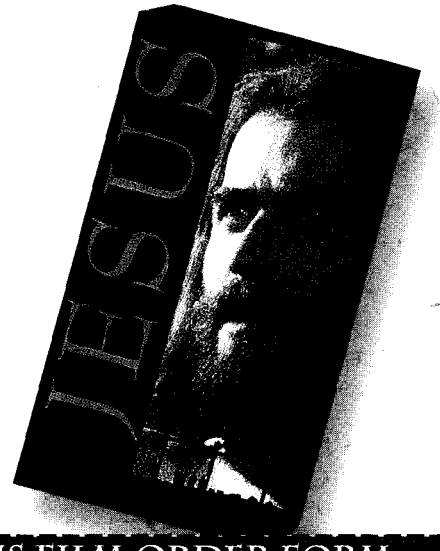

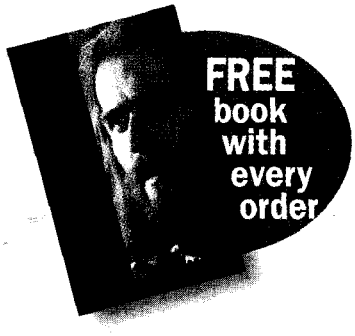

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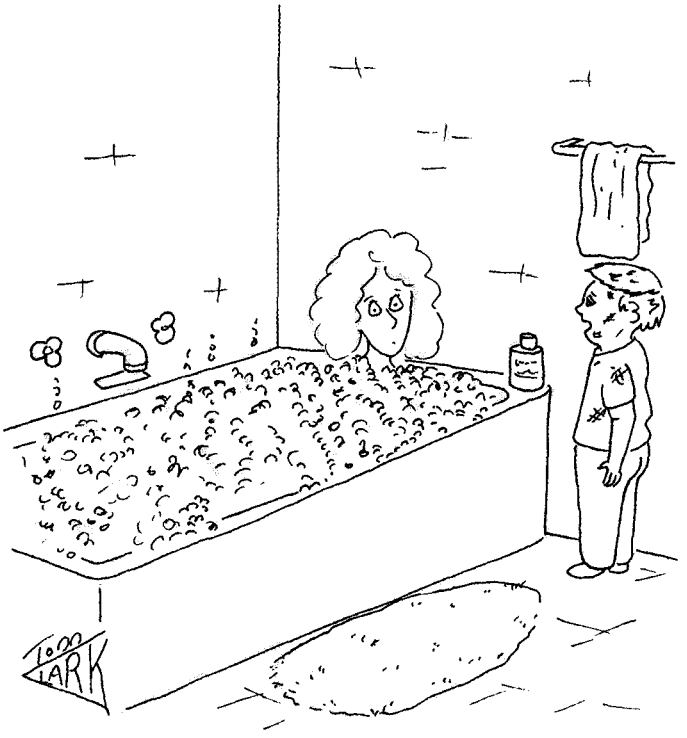
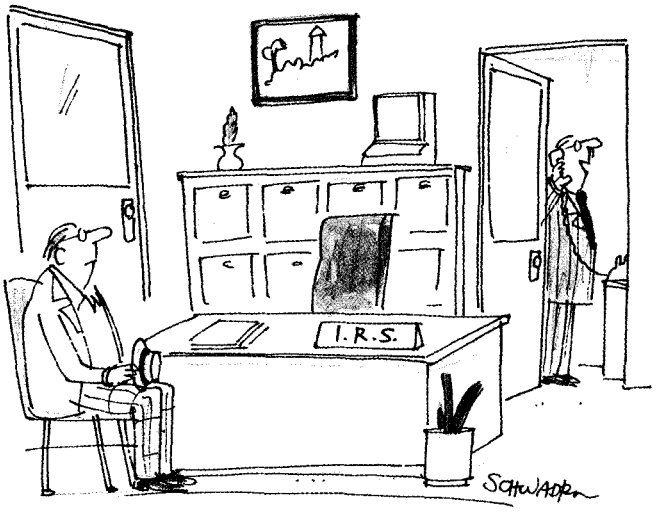


"Just wanted to let you know the fire department finally got here."



"Don't worry, Boss. I'll find a way to pay off that big budget deficit somehow!"

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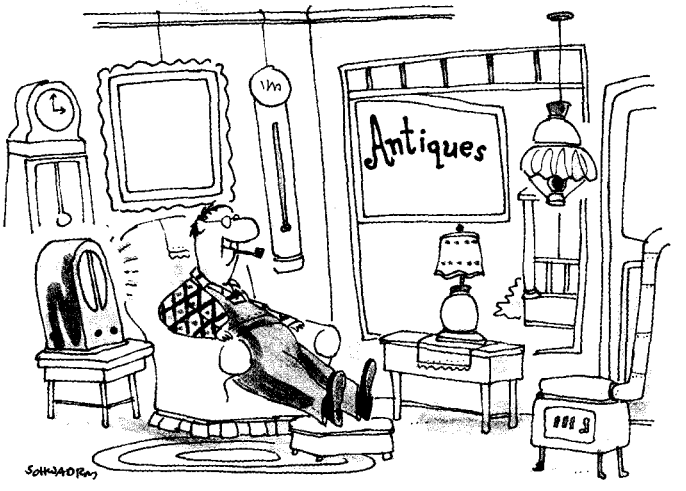

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"You came in second."

"My wife thinks I still act like a teenager and my children think I never was one."

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My Angel Friend

continued from page 37

small hole in the top and tied a piece of string through it and slipped it into a large envelope. I heard Mom calling me from downstairs.

"Where have you been, Michael?" Mom asked. "Are you feeling OK? I expected you to be the first one down here today."

"I was busy with something," I answered, walking into the living room and placing my gifts with the others. Soon the whole family gathered around the Christmas tree to exchange presents.

"I have gifts for all of you," I announced. "Would you please open them first?"

They all looked surprised. This wasn't like me at all! I was usually first in line to open presents.

When Molly unwrapped the toy, she looked at it and smiled, handing the handwritten IOU to Mom.

"What does it say?" Molly asked. Mom read it to her, then Molly gave me a curious smile.

"Thank you, Michael," she stammered, looking down at the toy, then into my eyes. "I don't know what got into you, but I like it!"

I handed Mom and Dad the large envelope. They opened it, holding the heart in the air, and read the verse out loud: "I love you Mom and Dad. This is my Angel Promise. Love, Michael & Luke."

Mom gently dangled the heart in the air while Dad looked on a little puzzled.

"Michael, this is the most beautiful gift we've ever received," Mom said, still stunned.

"But, Michael, who is Luke?" Dad finally asked.

"Luke's my own special Angel Friend who gave me the idea of Angel Promises—special promises from the heart," I said.

Looking at my family's smiling faces, I knew that Angel Promises not only made Luke happy but me as well, because in that moment I felt my heart really dance.

"Whoever Luke is, I think I like him," Dad laughed, lifting me up to the treetop, where I could hang the heart on the branch just below the very top.

And as I did, I glanced up at the angel resting silently above and thought I saw him wink.

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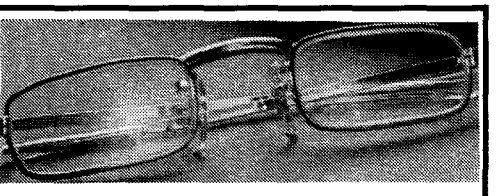

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Paradise Found

Imagine a Caribbean getaway where traffic lights don't exist, green monkeys outnumber tourists, and profanity is prohibited by law. Welcome to Nevis.

BY HOLLY G. MILLER

Rent a car on the tiny Caribbean island of Nevis and get ready to get lost. Streets aren't marked, houses aren't numbered, and no traffic lights exist. Ask directions in the capital city of Charlestown and an easygoing Nevisian might wave you toward Happy Hill, past Hard Times, around Pelican Point, over to St. John's Fig Tree, or on to Chicken Stone. Listen carefully, because once on the main island road—the major thoroughfare has no name other than "the main island road"—the only pedestrians you're likely to encounter are strutting hens and crowing roosters. To add to the confusion, you'll be driving on the left side of the road, Brit style.

This is the island where fast meets slow, and slow always triumphs. Here, golf carts brake for goats on a championship course, and the closest thing to a daily newspaper is an eight-page distillation of *The New York Times* faxed from the city to offer vacationers the barest of essentials: the closing stock market quotes, a killer crossword puzzle, and reports of dreary weather being endured by the folks back home.

If this is paradise—and many say it is—patience and perseverance are required to access its sandy shores. The trek to Nevis is an exercise in island hopping, beginning on Puerto Rico, moving to St. Kitts, and ending with a half-hour boat trip across a two-mile channel. The rewards are worth the sacrifice, though, and even

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the journey serves a purpose. City dwellers bent on changes of scene and pace have time to wind down, kick back, and prepare for a place where profanity is prohibited by law, green monkeys outnumber tourists two to one, and hospitable residents—all 9,300 of them—are determined to pamper their guests outrageously. Even veteran vacationers, accustomed to crossing off names of competing destinations with been-there-done-that abandon, find themselves returning year after year to the island of Nevis and urging their friends to do the same.

"About 80 percent of our guests are referrals," says John Maycock, sports and recreation manager of the Four Seasons Resort, the opulent property that has emerged as the yardstick by which other resorts

First-time visitors may be lured by the promise of leisure, but they return for the rigors of daily aerobics classes, tennis on 10 courts, and rounds of golf on a devilish 18-hole course.

measure their facilities, amenities, and service. "People don't come here just to lie on the beach; they come for the golf, tennis, snorkeling, and windsurfing."

They also come to see what the fuss is all about. In the five years since it opened, the Four Seasons has earned an assortment of honors usually reserved for more established resorts in more predictable locales. A poll of international travelers last year designated Four Seasons Nevis as the best destination *in the world*, nosing out perennial favorites on Hawaii and in Hong Kong, Bangkok, and Paris. The American Automobile Association has repeatedly given the property the coveted Five Diamond Award—making this hotel the first and only Caribbean getaway location to receive this particular accolade.

Then there are the rumors. Armchair travelers have read accounts of Four Seasons' attendants who roam the beach and golf course with trays of iced towels, cool drinks, and bottles of chilled Evian to spritz on the faces of guests. They've heard about "the coconut man" who spends his work days scaling the property's coconut trees in search of ripened fruit that might drop on the paths and startle visitors. They've been told that a guest who craves a dish not featured on the menu can order it anyway, and the chef will do his best to accommodate the request. They've been assured that no one needs to carry a wad of dollar bills in his wallet because tipping is neither required nor expected.

All the stories are true.

"Expectations are high," admits Mark Tamis, newly named resort manager who took his job sight unseen because he, too, had heard the tales. "My challenge is to keep up the quality and maintain the reputation."

A staff of 702 helps him succeed. Most are from Nevis and are as unspoiled as the island they call home. Each prospective employee is interviewed five times, including a final session with general manager Mark Hellrung. "We look for the right attitude," explains Hellrung. "We know we can teach them the skills." Riding a tricycle isn't one of them, however. Hellrung tells of

continued on page 78

For more information:

American Airlines and American Eagle provide the most direct service to Nevis (phone 1-800-433-7300); rates at the Four Seasons vary according to season, and specially priced golf, tennis, and honeymoon packages are available (call 809-469-1111). For general information, contact the Nevis Tourism Bureau (809-469-1066).

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TRAVELING TREASURES

The Smithsonian marks an anniversary with a cross-country exhibit that includes Arthur Ashe's tennis racket, Judy Garland's ruby slippers, and Abe Lincoln's top hat.

by Carolyn Hughes Crowley

"Most of the objects fall into one of two categories—irreplaceable or one-of-a-kind," quips J. Michael Carrigan, director of the Smithsonian Institution's traveling exhibit called "America's Smithsonian."

To celebrate its 150th anniversary, the Smithsonian Institution has joined with the National Zoological Park to assemble an extraordinary road show that began its tour in 1996 and will visit seven cities in 1997 before it winds down with a final stop in Columbus, Ohio. Curators at the Smithsonian—the world's largest museum and research complex—chose 300 objects from the more than 141 million items in the collection to make the cross-country trip. The treasures are traveling in specially constructed crates on planes and then are transported in 50 unmarked, climate-controlled, air-suspension trucks. Three days are required to unload the trucks at each convention center, and an additional ten days are needed to set up the $8 million exhibition. Artifacts appear in three galleries: Discovering, Remembering, and Imagining.

"Our 150th anniversary offers us the opportunity to reach out to millions of Americans and share the vast richness of our collections," says Smithsonian Secretary I. Michael Heyman. "By taking these treasured objects around the country in this traveling exhibition, we extend the reach of the Smithsonian to millions of people who don't have to leave their hometowns to enjoy it."

Sports enthusiasts will see the NASCAR stock car that Richard Petty drove in 1984 to his 200th Grand National victory, an unmatched achievement; a baseball autographed by Babe Ruth; the boxing gloves Muhammad Ali wore in his 1974 title fight against George Foreman in Zaire; the tennis racket Arthur Ashe used in many competitions as he broke through racial barriers and became a Grand Slam champion.

From the entertainment world comes the leather jacket and suede fedora that Harrison Ford wore in the Indiana Jones adventure films; the ruby slippers (actually, they're just sequins) that whisked Judy Garland back to Kansas in the classic film *The Wizard of Oz*; the original Kermit the Frog puppet from America's beloved Muppets; and a hat with the price tag still attached, worn by the late Minnie Pearl.

Natural history buffs will find a six-foot, 4.5 million-year-old fossil shark jaw—so large that the body stretching

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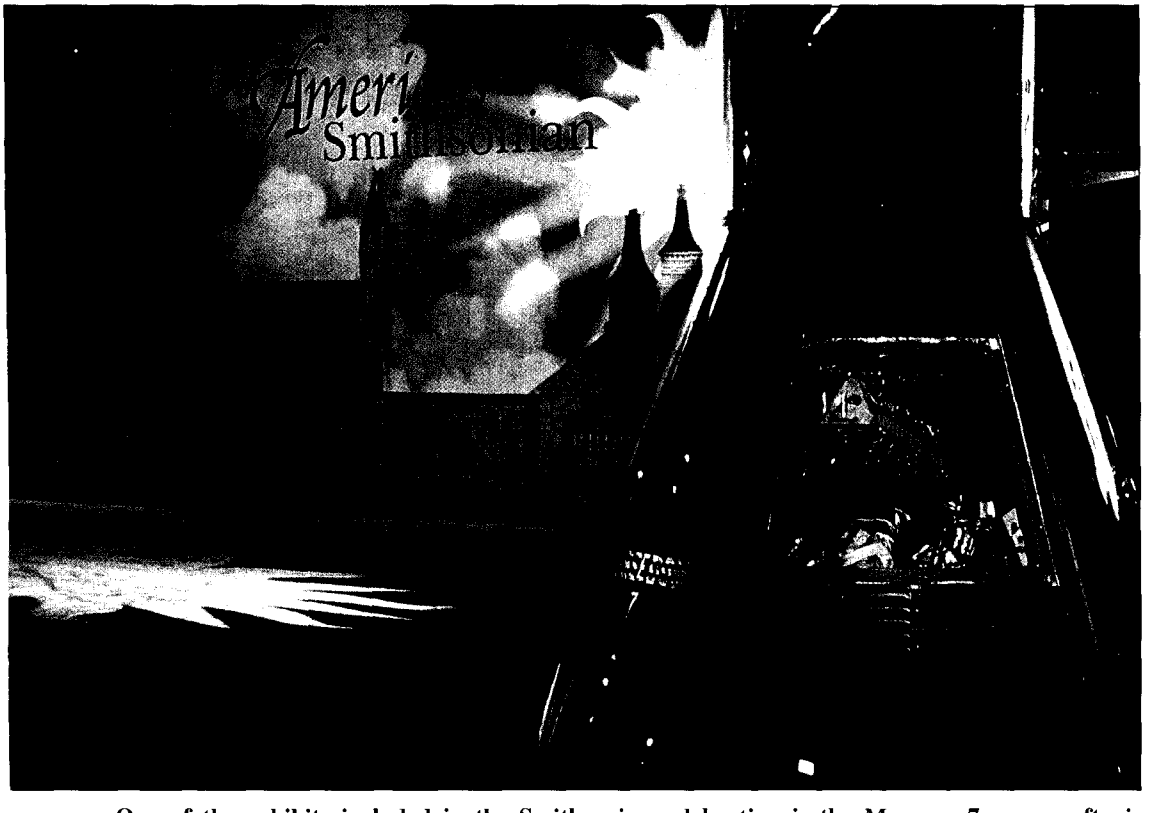

One of the exhibits included in the Smithsonian celebration is the Mercury 7 spacecraft piloted on May 5, 1961, by Alan Shepard, the first American in space.

If You Go

To reserve tickets for the Smithsonian Institution's traveling exhibit, call 1-800-913-TOUR as early as possible before the exhibit opens in the host city closest to you. Admission is free, but tickets are required. Scheduled stops include:

- Houston, Texas
  December 7-January 12, 1997
- Dallas, Texas
  February 3-March 5
- Portland, Oregon
  March 28-May 6
- Birmingham, Alabama
  May 29-July 12
- San Jose, California
  July 29-August 26
- Chicago, Illinois
  September 20-November 16
- Columbus, Ohio
  December 9-January 18, 1998

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Paradise Found

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several cycling mishaps that occurred during the shakedown period just before the resort's opening. The original plan was to use oversized tricycles to transport room-service orders from the central kitchen to the 196 guest rooms contained in "cottages" overlooking the ocean, golf course, and Mount Nevis. The idea had to be scrapped when the vehicles kept careening off curbs and bumping into bushes. It seems that most employees had never owned bicycles and had trouble maneuvering them. An executive decision was made, and the trikes were swapped for low-powered golf carts.

Although the Four Seasons is the island's only full-service resort, visitors also have the option of staying in historic manor houses that once were the hubs of the thriving British sugar plantations. Sugar production ended in 1958, but several cone-shaped stone mills stand in varying stages of dilapidation or renovation as reminders of bygone days. At the Golden Rock estate, built on the edge of a rain forest, the multilevel sugar mill boasts a massive four poster and is marketed as the honeymoon suite. At the 250-year-old Hermitage, guests are summoned to dinner at the great house by a two-bell alert, a throwback to plantation days. At the elegant Montpelier Inn, the low-key British owners assure patrons that children are always welcome, but see no need to mention that family guests have included Princess Diana and her boys.

Perhaps entertaining royalty isn't all that unusual. For such a tiny dot in the ocean, Nevis has played host to lofty visitors in the past, and the tradition continues in the present. Columbus and his crew dropped anchor long enough in 1493 to claim it for Spain and name it for the white mist that obscured the island's central peak. (*Nieves* means "snows" in Spanish.) Captain John Smith spent five days in 1607 before continuing his trek north to found the colony of Virginia. More recent stoppers-by have included singer Janet Jackson, TV journalist Connie Chung, hockey legend Wayne Gretsky, and the cast of the afternoon soap opera "The Young and the Restless." They come in search of rejuvenation, and for that, there's no place like Nevis.

A week is the perfect stay, says Four Seasons manager Hellrung, who urges first-time visitors to stick with the circuitous routing sometimes required to get to the island. The obscure location is a small price to pay for the pristine stretches of beaches and the refreshing lack of commercialism. Besides, as everyone knows, there are no shortcuts to Paradise. ▲

The Light Touch

At 8:45 every morning, key staff members gather in the office of Mark Hellrung, general manager of the Four Seasons Resort Nevis, to discuss the guest list. Who arrives today? Have they been here before? If so, what were their food preferences? Vegetarian, you say? The chef takes careful notes. The personal touch is stressed.

The light touch also is important. Alternative cuisine items—lower in calories, cholesterol, sodium, and fat—are among each day's offerings and are designated by asterisks on the menu. Neither skimpy in portion nor bland in taste are choices such as penne pasta tossed with charred vegetables, grilled zucchini filled with spinach and ricotta cheese, and seared swordfish wrapped in rice paper. The menu changes daily, but some items are mainstays. Favorite dishes include:

Alternative Cuisine Grilled Vegetables

(Makes 3 cups)

Slice variety of fresh vegetables (zucchini, eggplant, mushrooms, asparagus, onions, peppers, and tomatoes) into large bowl. Prepare marinade and pour over vegetables. After 2 hours, season with fresh ground black pepper and grill.

To prepare marinade, mix in blender for 30 seconds:

½ cup chicken stock
1 ounce olive oil
2 cloves of garlic
¼ cup chervil
¼ cup basil
¼ cup tarragon
¼ cup rosemary

Per Serving (¾ cup):
Calories: 106 Carbohydrate: 5.8 gm
Cholesterol: 1 mg Protein: 2.0 gm
Sodium: 149 mg Fat: 7.5 gm
Diabetic exchange: 1 vegetable + 1½ fat

Mahimahi & Portobello Mushroom Sandwich

(Makes 1 sandwich)

2 slices wheat bread
4 large portobello mushrooms
3½ oz. Mahimahi fillet
1 medium tomato
Onion sprouts
1 tablespoon balsamic vinegar
1 tablespoon olive oil
⅛ teaspoon salt (if desired)
½ teaspoon pepper
1 tablespoon tamarind pulp

Trim black fibers from underneath mushrooms, score crossways with knife, and brush with oil. Season and grill 3 minutes on each side, drizzle with balsamic vinegar, and allow to cool. Slice tomato and char quickly on stove. Brush fish with tamarind pulp; season and grill. Place 2 slices cooked portobello mushrooms on bread, lay fish fillet across, top with 2 slices charred tomato and onion sprouts. Finally, cap with 2 more portobello mushroom slices, place 2 toothpicks through sandwich, and slice in half.

Per Serving:
Calories: 493 Carbohydrate: 44.7 gm
Cholesterol: 88 mg Protein: 33.5 gm
Sodium: 819 mg Fat: 18.9 gm
Diabetic exchange: 2 bread + 2 vegetable + 3½ med.-fat meat

Brown Rice & Currant Muffins

(Makes 9 muffins)

Mix in large bowl:
1¼ cups whole-wheat flour
2 teaspoons baking powder
1 teaspoon ground cinnamon
¼ teaspoon salt
In separate bowl, whisk:
2 large eggs (can replace with ½ cup egg substitute)
⅓ cup skim milk
Stir into egg mixture:
1 cup cooked brown rice
½ cup currants
3 tablespoons melted butter (or margarine)

Fold rice and egg mixture into dry ingredients. Scoop into muffin cups and bake 20-25 minutes at 350° F. until brown. Remove from oven for 5 minutes and turn onto cooling rack. ▲

Per Serving:
Calories: 128 Carbohydrate: 18.4 gm
Cholesterol: 54 mg Protein: 4.5 gm
Sodium: 147 mg Fat: 4 gm
Diabetic exchange: 1 bread + 1 fat

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How I discovered "the French Secret" to lower cholesterol and a healthier heart

by Dr. Stephen E. Langer M.D., Berkeley California.

As a medical doctor, it's always amazed me that the French, even with their rich, high-fat food diets, had much lower cholesterol and healthier hearts than we do. (Do you know they have a 42% lower incidence of heart disease than Americans?)

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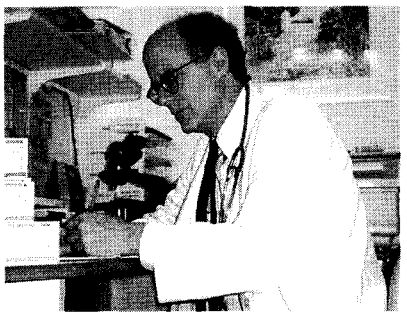

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Traveling Treasures

continued from page 76

behind it would have reached 40 feet; a 145-million-year-old foot from the Allosaur, one of the largest flesh-eating dinosaurs; the Star of Bombay, the 182-carat blue star sapphire that actor Douglas Fairbanks, Sr., gave his wife, Mary Pickford; and the Hooker starburst diamonds, designed by Cartier, set into a 245-carat necklace, a 61.2-carat ring, and two earrings, each 25.3 carats.

People interested in art will enjoy contemporary Japanese porcelains, Chinese bronzes dating back to 2500 B.C., and works by Georgia O'Keeffe, Mary Cassatt, and Auguste Rodin.

Items from explorations include the compass William Clark used to help navigate the route of the 1804 expedition through the Louisiana Purchase territory to the Pacific coast; the brown leather flying suit worn by Amelia Earhart, the first woman to make a nonstop solo flight across the Atlantic in 1932; the "Vin Fiz" biplane that made a U.S. transcontinental crossing in 1911 and crash-landed so often during its 84-day flight it had to be rebuilt four times during the trip.

Inventions in the exhibit include the Jarvic-7 artificial heart, developed in the late 1970s and used as a bridge to organ transplantation in 1985; the Altair computer, the most popular early personal computer, first available in 1975; and the box telephone Alexander Graham Bell invented in 1876.

The exhibition's heaviest artifact is the Apollo 14 command module, which weighs 12,694 pounds. The tallest, at 15 feet, is the carved 19th-century Native American totem pole. The oldest natural items are two meteorites, one from Mars and one that landed in Arizona in 1897. Both are more than a billion years old.

In the Remembering Gallery are Abraham Lincoln's beaver-skin top hat that he wore to Ford's Theater the night of April 14, 1865, when John Wilkes Booth assassinated him; one of the microphones President Franklin D. Roosevelt used during his 31 fireside chats between 1933 and 1945 to bolster the nation's morale during the Great Depression and World War II; the chairs that Generals Grant and Lee sat in when they signed the Articles of Capitulation, resulting in the surrender of the Confederate Army at Appomattox Court House, Virginia, April 9, 1865; Dizzy Gillespie's trumpet with its characteristic upturned bell; and the fur coat Marian Anderson wore at her Easter Sunday 1939 open-air concert at the Lincoln Memorial after she was not allowed to perform at Constitution Hall in Washington, D.C., because of her race.

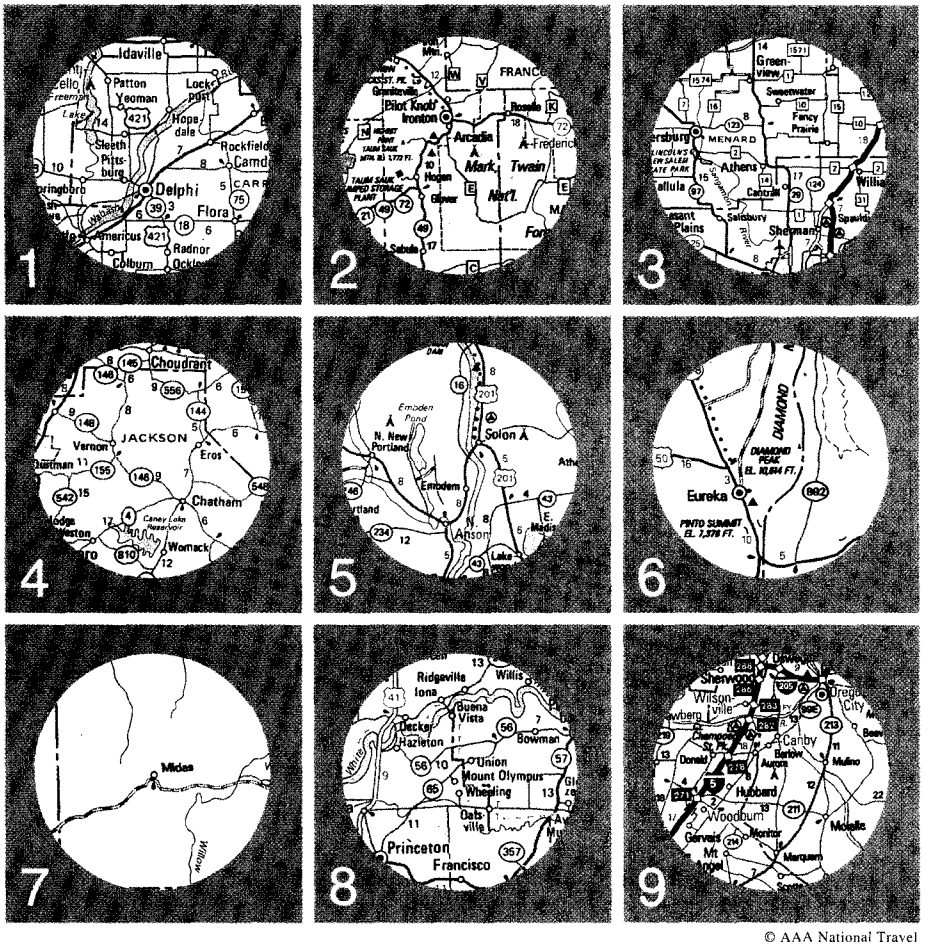
The Smithsonian Institution is the legacy of an Englishman who never set foot on American soil. In 1829, chemist and mineralogist James Smithson bequeathed his entire estate (about $15 million in today's money) to the United States government "to found at Washington, under the name Smithsonian Institution, an establishment for the increase and diffusion of knowledge among men."

Smithson was the illegitimate son of a widow who became pregnant by a duke. Because of his stigmatized birth, Smithson was barred from entering the army, church, civil service, and politics. He was opposed to the aristocratic elitism that had rejected him, and perhaps so admired the United States for its democratic ideals and individualism that he left his money to it.

The bequest waited nearly two decades while the government bickered about what to do with it. Sen. John C. Calhoun of South Carolina asserted it was "beneath the dignity of the U.S. to receive presents of this kind from anyone." Former President John Quincy Adams, arguing in the House of Representatives, said he would like to see "the whole money thrown into the Potomac River."

Eventually Congress passed the bill establishing the Smithsonian Institution,

continued on page 84



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 93)

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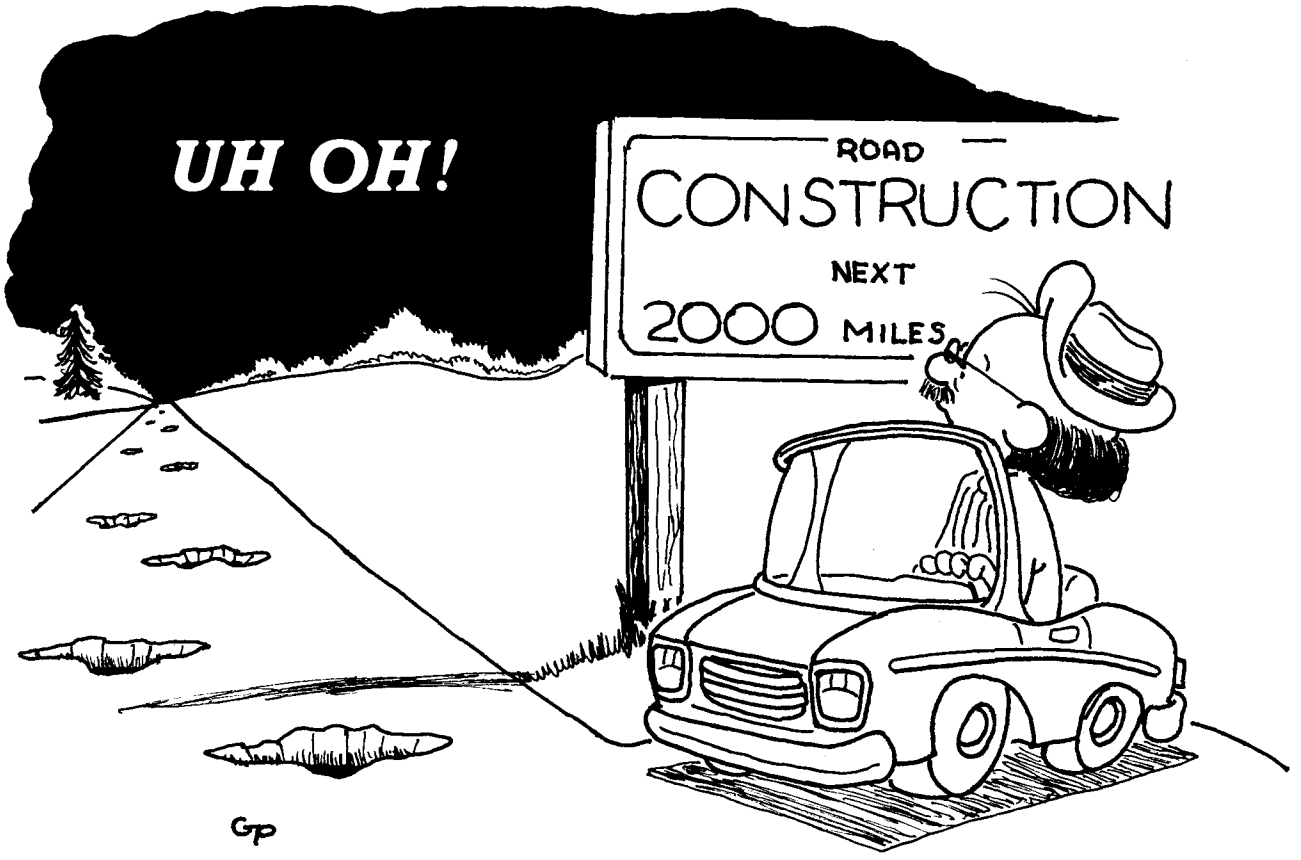

"Relax, dear! Here comes your bathing suit!"

"Call our 'valet' for you? But sir . . . we don't have a valet!"

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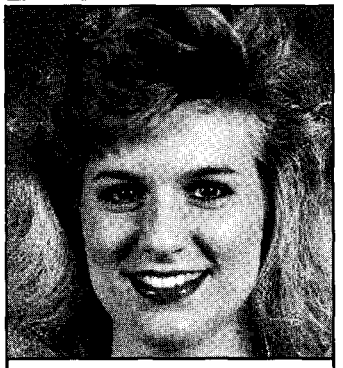

"We're so positive that Roach Kill will kill every last roach in your house that we'll send you a free gift just for trying it."

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(By J. Robson)

Have you ever seen a roach run out of a bowl as you were about to put food in it? Well, I have. Just turn out the lights and an army of roaches would attack the whole house.

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(By Frank K. Wood)

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Traveling Treasures

continued from page 80

and 17 years after the death of Smithson, President James K. Polk signed the bill into law. Now, 150 years later, the Smithsonian Institution is one of the finest educational and cultural resources in the country and is considered the nation's treasure house, reflecting the entire world's diversity and complexity.

Holiday Hazards for Pets

continued from page 63

prevent this problem.

Also, broken items and small toys swallowed by pets cause gastrointestinal irritation and possible obstruction. These items should be promptly removed from the pet's environment.

Dietary Hazards

Many of the dietary dangers of the holidays stem from well-meaning people sharing rich feasts with begging pets. In some cases, eating even a little excess fat can trigger a fatal attack of pancreatitis in dogs. In pancreatitis, enzymes escape from the inflamed pancreas and actually start to digest the animal's own surrounding tissues. Staff veterinarians at the University of California School of Veterinary Medicine at Davis, California, have told me this is one of their most common ailments of the Christmas season. It is easy to avoid simply by withholding rich, fatty foods from your pets.

Bones are another common problem for our four-legged companions. Dr. Laura Stanisch, a veterinarian in Kane, Pennsylvania, reports: "Gastrointestinal problems associated with ingesting bones are my most frequently seen holiday-related illnesses." The bones can cause widespread inflammation of the digestive tract and may even puncture the intestines, resulting in fatal peritonitis. Eliminating your pet's access to bones is the best precaution.

Chocolate is another holiday-season hazard for pets. A source of theobromine, a caffeine-like substance, chocolate in large amounts can cause hyperexcitability and, sometimes, fatal irregular heartbeats. Keep candy and cooking chocolate out of reach of pets.

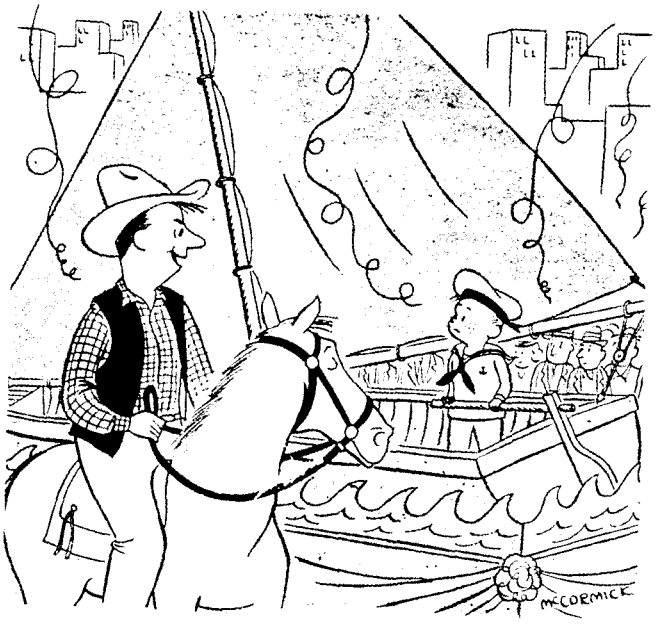
Sharp Objects

On Christmas Eve 1992, I received an emergency call to see "Brandy," a four-year-old female Irish setter, who was bleeding profusely from the foot pads of her right front paw. While chasing the family cat through the living room, Brandy had knocked a glass Christmas ornament from the tree and stepped on it. She had soaked through two inches of towels and Ace bandage material by the time she arrived at my clinic. I anesthetized Brandy and sutured the cut foot. Although a bit groggy from the anesthetic, she was able to go home that night.

Another common problem stemming from sharp objects at Christmas is eye injury from pine needles. Usually these are minor abrasions of the cornea, but they do cause the pet extreme pain and can permanently scar the eye surface.

Rambunctious pets should not be permitted near the tree or other sources of sharp objects. Cats are notorious for leaping onto Christmas trees, especially if pursued by other pets.

Every Christmas, many of us include our pets in the tradition of gift-giving. Little toys, special treats, a new bed, or some sort of special pampering are usually involved. Perhaps the best gift you can give is taking a few extra precautions to ensure your pets will also be with you for the next holiday season.



The Perfect Squelch

The brightly decorated float, which held a very nervous small boy in a very large sailboat, was waiting to take its place in the parade when a group of horsemen paused beside it.

"Ahoy there, sailor," one of the parade riders called. "Watch out you don't tip that vessel over and drown."

The youngster managed a smile. The rider, enjoying his own humor, kept right on making comments. He wanted to know how many times the boy had been across the ocean, when he had started going to sea, and where his oars were. Finally, raising his voice to increase his audience, the rider roared at the embarrassed boy, "Tell me, skipper, why don't you sail away?"

Just then the float began to move, and the youngster spoke for the first time.

"Not enough wind," he said clearly, "—until you came along."

—Alfred M. Wolfe, Jr.

Balancing Acts

continued from page 28

physical therapist to make sure they're doing exercises properly and not doing too much, too soon—especially if they've been sedentary.

"The problem is that to improve balance, you've got to challenge balance, which is inherently risky," says Mary E. Tinetti, chief of geriatrics at Yale University School of Medicine, who studied 301 men and women age 70 and older with at least one risk factor for falling—such as muscle weakness or use of sedatives. To reduce these seniors' risk of falling, Tinetti used multiple interventions, including having a physical therapist go to a participant's home and teach balance exercises. "The physical therapist wasn't necessarily there with them every time they did the exercise," Tinetti notes.

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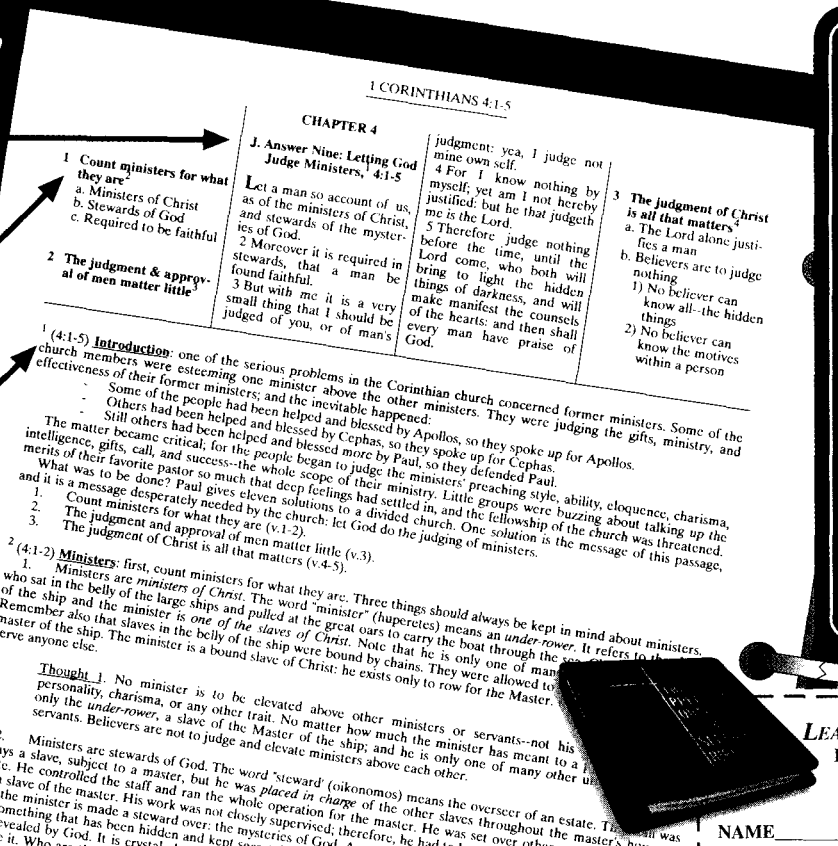

1 CORINTHIANS 4:1-5

CHAPTER 4

J. Answer Nine: Letting God Judge Ministers, 4:1-5

1 Count ministers for what they are?
a. Ministers of Christ
b. Stewards of God
c. Required to be faithful

2 The judgment & approval of men matter little?

Let a man so account of us, as of the ministers of Christ, and stewards of the mysteries of God.
2 Moreover it is required in stewards, that a man be found faithful.
3 But with me it is a very small thing that I should be judged of you, or of man's judgment: yea, I judge not mine own self.
4 For I know nothing by myself; yet am I not hereby justified: but he that judgeth me is the Lord.
5 Therefore judge nothing before the time, until the Lord come, who both will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God.

3 The judgment of Christ is all that matters?
a. The Lord alone justifies a man
b. Believers are to judge nothing
1) No believer can know all--the hidden things
2) No believer can know the motives within a person

[1] (4:1-5) **Introduction**: one of the serious problems in the Corinthian church concerned former ministers. Some of the church members were esteeming one minister above the other ministers. They were judging the gifts, ministry, and effectiveness of their former ministers; and the inevitable happened:
- Some of the people had been helped and blessed by Apollos, so they spoke up for Apollos.
- Others had been helped and blessed by Cephas, so they spoke up for Cephas.
- Still others had been helped and blessed more by Paul, so they defended Paul.

The matter became critical; for the people began to judge the ministers' preaching style, ability, eloquence, charisma, intelligence, gifts, call, and success--the whole scope of their ministry. Little groups were buzzing about talking up the merits of their favorite pastor so much that deep feelings had settled in, and the fellowship of the church was threatened. What was to be done? Paul gives eleven solutions to a divided church. One solution is the message of this passage, and it is a message desperately needed by the church: let God do the judging of ministers.
1. Count ministers for what they are (v.1-2).
2. The judgment and approval of men matter little (v.3).
3. The judgment of Christ is all that matters (v.4-5).

[2] (4:1-2) **Ministers**: first, count ministers for what they are. Three things should always be kept in mind about ministers.

1. Ministers are *ministers of Christ*. The word "minister" (huperetes) means an *under-rower*. It refers to [illegible] who sat in the belly of the large ships and pulled at the great oars to carry the boat through the [illegible] of the ship and the minister *is one of the slaves of Christ*. Note that he is only one of many [illegible] Remember also that slaves in the belly of the ship were bound by chains. They were allowed to [illegible] master of the ship. The minister is a bound slave of Christ: he exists only to row for the Master. [illegible] serve anyone else.

Thought 1. No minister is to be elevated above other ministers or servants--not his [illegible] personality, charisma, or any other trait. No matter how much the minister has meant to a [illegible] only the *under-rower*, a slave of the Master of the ship; and he is only one of many other [illegible] servants. Believers are not to judge and elevate ministers above each other.

2. Ministers are stewards of God. The word "steward' (oikonomos) means the overseer of an estate. [illegible] always a slave, subject to a master, but he was *placed in charge* of the other slaves throughout the master's house or estate. He controlled the staff and ran the whole operation for the master. He was set over others, yet he himself was still a slave of the master. His work was not closely supervised; therefore, he had to be trustworthy and responsible. Note what the minister is made a steward over: the mysteries of God. A mystery is not something hard to understand. Rather, it is something that has been hidden and kept secret. It is something that was undiscoverable by human reason, but now is revealed by God. It is crystal clear to those to whom it is revealed, but it is completely alien to those who do not receive it. Who are the ones to whom the mysteries are revealed? The stewards, the ministers, the believing servants of Christ.

There are several mysteries now revealed to the believer. (See note--1 Cor.2:7 for more discussion.)

Thought 1. Every minister is to be esteemed highly for his work's sake. He is *only* a servant of God's, but he is the servant whom God has made steward over all the other servants. He has been honored by God: he has been made responsible, not for perishable things such as money and possessions, but for the imperishable *mysteries* of God.

"Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life" (2 Cor.3:6).
"Therefore seeing we have this ministry, as we have received mercy, we faint not" (2 Cor.4:1).
"And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation; to wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation. Now then

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"But the therapist did an assessment, then gave people exercises that matched their fitness level and monitored them over time.

"The way we trained balance was to start with a simple exercise people could do by holding onto their kitchen sink with two hands, then going up on their toes, then on their heels, then walking sideways. As they gained proficiency, people did the exercises holding on by just one hand, then one finger, then not holding on at all."

Tinetti's study also involved other fall-reduction strategies, such as adjusting medications and making the environment safer. The overall program reduced the rate of falling by 40 percent. "It's impossible to say how much of this was due to exercise," she notes, "but my guess is that exercise had the major impact of all the interventions."

The message, she says, "is that balance is very trainable, even in older people." While balance exercises have been used for years to help people recover from trauma such as stroke, she says, "What's new is that these exercises can be very effective in helping a wide spectrum of older individuals prevent falls."

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All eligible limerick entries must be postmarked by December 18, 1996.

The winner of the Nov./Dec. 1996 contest will be announced in the March/April 1997 issue.

Our congratulations and a check for $100 go to Patricia Gavin of Norwood, Massachusetts, for the winning entry in our July/August 1996 caption contest.

The bell rings, I respond, and grow pale;
To hide will undoubtedly fail.
So I say, "Good morning,
I give you fair warning
It's a home, not a house, that's for sale."

Attitude Is Everything

continued from page 45

greatly. One day he finally came out and asked Dad why he didn't attend meetings, which he knew would help him. I've never forgotten Dad's reply: "I don't go because I am not farming as well as I know how right now." In other words, "I'm not doing as well now as I can do."

Dad wasn't criticizing education. He was convinced that his own attitude or desire to do better could greatly improve his productivity, irrespective of additional education. I have been observing people at work for more than 30 years, and I have yet to meet the person, including myself, who couldn't perform the job better if he simply had the desire. The major factors to increased performance are attitude, desire, and belief that you can do it.

Roger Bannister refused to acknowledge that the four-minute mile was impossible. In 1954 he set a new record of 3:59.4 by breaking through a self-limiting attitude that was held by many runners at that time.

Some years back, our parent company transferred its largest pharmaceutical product to our marketing division to make way for a new antibiotic that they would be promoting exclusively. Selling the old drug would be our division's responsibility. This was not entirely good news, because the sales of the old drug were expected to decline over the rest of the life of the product. It was a real challenge and an opportunity. Not only did the sales not decline, they actually increased each year until the patent expired, at which

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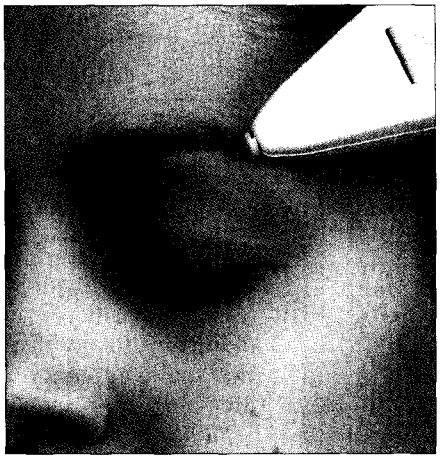

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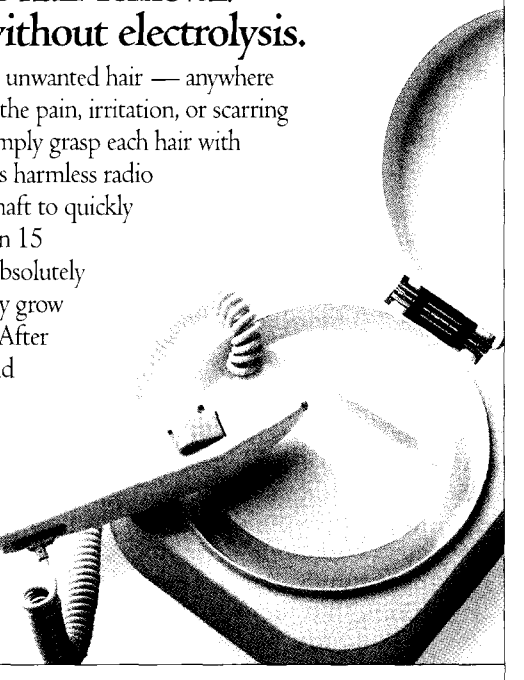

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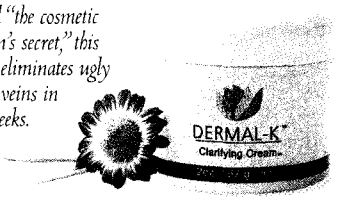

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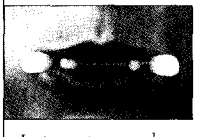

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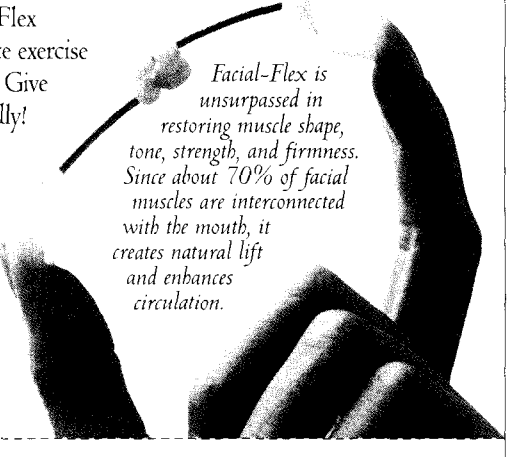

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"... Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."—*Philippians 4:8*

Treatment Reduces Arthritis Pain

Dear Dr. SerVaas:

Two years ago I developed severe arthritis in most of my joints. It was so painful that I was unable to do my housework. My internist gave me a sed test [a diagnostic blood test] and determined that it was not rheumatoid arthritis. He recommended numerous medications, but none seemed to be of help. My pain did not decrease.

Four months ago I read that doxycycline or minocycline (tetracycline) would be of help, so we decided to try it. I am so elated because it has reduced my pain, so much that I am able to do my housework and return to normal activity. I still have some pain, but it is minimal compared to my last two years. I hope that others will benefit as I have, and I thank you for all the great medical knowledge you share with us in *The Saturday Evening Post*, a truly superb magazine.

Betty Glover
Ridgely, Tennessee

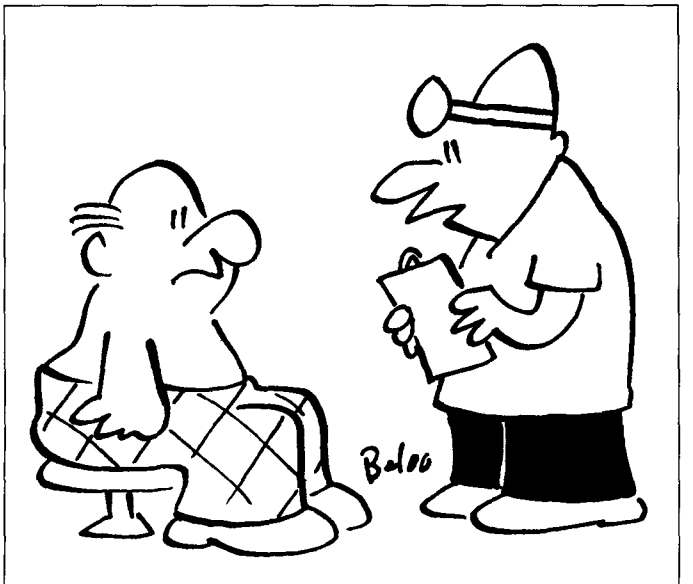
Genetically manipulated cells are injected into a patient's arthritic knuckle at the University of Pittsburgh Medical Center. Cells were modified to carry a gene that blocks inflammation. Researchers now hope their first attempt at gene therapy for arthritis may also lead to better treatments for other disorders of bones and joints.

We forwarded your letter to Kenneth D. Brandt, M.D., professor of medicine and head of the rheumatology division at the Indiana University School of Medicine. He responds:

"The 'tetracycline-arthritis story' is interesting. A recent study sponsored by the National Institutes of Health suggests that minocycline may be of some benefit in patients with mild rheumatoid arthritis. Similar results were obtained in a study in the Netherlands. However, it should be pointed out that minocycline, while generally safe, is by no means free of side effects (e.g., dizziness caused by this drug has resulted in falls and hip fractures in a few cases).

"There is considerable current interest in tetracycline, not only in rheumatoid arthritis but also in osteoarthritis (OA). Several studies in animal models of OA indicate that administration of doxycycline or other tetracyclines may prevent the development, or slow the progression, of joint damage in this disease. To date, however, there are *no* data in humans with regard to the efficacy of doxycycline in OA (although a multicenter clinical trial to test this possibility is planned). And, while doxycycline is generally safe, it may cause significant side effects (e.g., photosensitivity, diarrhea). If taken by subjects with arthritis, tetracyclines should be used only under the close supervision of a physician.

"You mention that your internist ruled out rheumatoid arthritis on the basis of your sedimentation rate. Although the 'sed rate' is commonly elevated in patients with active rheumatoid arthritis, it is not invariably abnormal in such cases. Other factors, such as the history and physical examination, are much more important in ruling in or ruling out rheumatoid arthritis than the results of this blood test."



"You have a pretty good constitution, but take it easy with the pursuit of happiness."

Breast Cancer Myth

Dear Dr. SerVaas:

I'm 11 years old and my breasts are starting to develop. I was wrestling with my little brother and he accidentally elbowed me in the chest. Now I've got a big bruise on my right breast, and it is sore to the touch. I showed it to my friend and she told me that getting a bruise on your breast can cause you to get cancer when you are older. Is she right? Will the bruise go away by itself or do I need to see a doctor? I'm really scared after what my friend told me.

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Dear Miss Eleven:

Thank you for asking about the bruise on your breast. The myth that a bruise can cause breast cancer has been around for as long as I can remember.

To reassure all who read your letter, we asked a very important researcher from the Indiana University School of Medicine to answer you. She is a specialist in breast radiology, and we knew she could give you the most authoritative answer available.

Dr. Valerie P. Jackson responds:

"I'm sorry to hear that you got a bruise on your breast. Rest assured that a bruise like this will not cause cancer when you are older. It is common for bruises to occur in the breast after trauma, and they are usually painful. It should go away on its own. If it does not go away in a month or so, you should see your doctor, but even then it is most likely not anything serious. There are many risk factors for breast cancer, the most important of which are being female and getting older. However, trauma to the breast does not increase your risk for breast cancer."

Undigested Food

Dear Dr. SerVaas:

Something happened to me this morning that has never happened before. There were portions of my last night's salad in the stool.

I remember that my mother would tell me that her vitamin capsules would make it to her stool the next morning still whole. She would say she knew it couldn't be doing her any good.

What goes wrong with the digestive process that would cause food to come through whole? Is it too much gas?

Madeline Wilson
Memphis, Tennessee

We sent your question to Dr. Stephen B. Hanauer, professor of medicine and clinical pharmacology, department of medicine, section of gastroenterology, at The University of Chicago. He responds:

"Identifying portions of undigested salad in the stool is not abnormal. Many fiber products are digested by our systems and draw water into the intestine as they pass through. The increased motility and hydration of the stool sometimes allow fiber products to come out intact. This has no implication as to the overall digestive process and is considered beneficial because of the 'cleansing' effects of washing out toxins from the diet."

Asking for Help

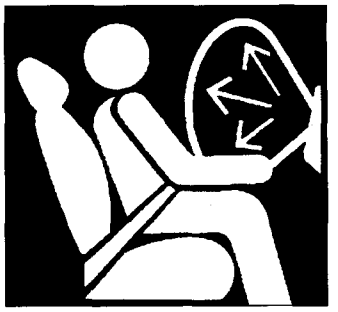
Dear Dr. SerVaas:

The help of your readers is needed! In November of 1994 I had the misfortune to be hit head-on by an automobile after I had brought my car to a complete halt. The driver-side air bag only partially opened. Since then I have been severely bothered by my voice "cracking." My salivary glands seem to have shut down, leaving me with an extremely dry mouth.

I have been examined by excellent specialists and diagnosed with asthma for the first time in my life. They can find no physical cause for my "cracking" voice, other than to blame it on the gas I inhaled from the air bag while I was confined to the automobile with the doors stuck from the impact.

Has anyone out there had a similar experience? What did you do about it?

Ellie Beltz
Lancaster, Pennsylvania



Stronger warning labels may soon be required in all vehicles with air bags. Since 1993, at least 23 children have been killed by passenger-side air bags. National Highway Traffic Safety Administration experts say the rear seat is the safest place for children of any age to ride. New rules are expected late this year to make air bags safer.

Something else to evaluate might be your reaction to dustlike particles frequently released inside a vehicle when air bags deploy. Most of this dust consists of corn starch or talcum powder. And, depending on the type of air bag system, potassium chloride particles may also be present. Some people with asthma may develop an asthmatic attack from inhaling the dust. We are not aware of any other cases of vocal changes or where asthma developed because of inhaling the gas or dust from air bags. We are curious to learn of other readers' experiences.

Worsening Hand Tremor

Dear Dr. SerVaas:

Several years ago my husband, age 62, was diagnosed as having an essential tremor in his left hand—good news, as we were fearing Parkinson's. We realize this is an inherited condition, as both his father and now his sister are afflicted. Jim's tremor is now worsening and, often, even the upper arm and shoulder quiver. No treatment has been prescribed by our internist, nor has my husband been referred to a specialist.

Are there any new findings on this condition: research, treatment, surgery? We enjoy *The Saturday Evening Post* very much, especially your section. We consider you our secondary physician!

Carolyn Justice
West Melbourne, Florida

"I guess this means the twist isn't coming back . . . right, George?"

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Essential tremor, also called benign hereditary tremor, becomes most apparent when the individual performs fine, skilled movements. In contrast, victims of Parkinson's disease experience tremors that diminish during movement.

About 50 percent of essential tremor cases are thought to be inherited. Muscles of the hands, head, and voice are often affected. It tends to worsen with age and may be intensified by anxiety, stress, fatigue, or caffeine consumption.

Inderal (a beta blocker medication) is approved by the FDA to treat essential tremor. Alternative drugs are available, and surgery may be indicated for some patients. The International Tremor Foundation (ITF) sponsors research and provides educational materials and physician-referral services. For more information, contact ITF at 833 West Washington Blvd., Chicago, IL 60607, or call 312-733-1893.

Lung-Reduction Surgery for COPD

Dear Dr. SerVaas:

How does one find out if they are eligible for lung-reduction surgery? My mother is failing fast from chronic obstructive pulmonary disease (COPD), and we'd like to know if there's a chance for her.

After reading your first article on it, she mentioned what she had read to her doctor. He told her if she had $10,000 to throw away, to go for it! No explanation—just a negative statement. Needless to say, my mother was very upset (which didn't help her health) and didn't want to create any problems by further questions.

Also, is there any information or literature on the subject of COPD (emphysema or bronchitis) that we could get to possibly help my mother in the future?

Maxine Balling
Olympia, Washington

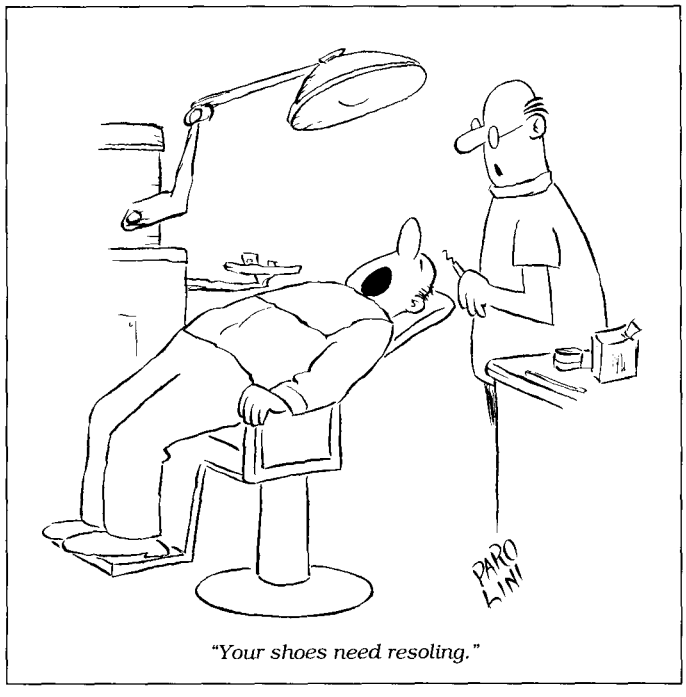
We forwarded your letter to Joel D. Cooper, M.D., at Washington University in St. Louis. He writes:

"Lung volume reduction is relatively new, and few centers have been doing this for a long enough period of time to have reported their results. This is probably the main reason why your doctor was not encouraging. It often takes a couple of years before results of a new procedure are published, enabling physicians to come to a conclusion as to its merits. The situation with lung-volume-reduction surgery is particularly confusing since a variety of techniques have been used at different centers, with mixed results.

Thanks to the pioneering efforts of surgeon Dr. Joel Cooper, thousands with severe emphysema may breathe more easily after lung-volume-reduction surgery.

"We initiated this procedure over three years ago, and sufficient experience has now been acquired to demonstrate the benefits of the procedure. However, our own program has been very selective, and in our opinion, only about one out of every four patients suffering from severe emphysema stands to benefit from this type of surgery. It is also important to note that not every center necessarily has the same opinion regarding which patients are eligible.

"If you, or your physician, wish to obtain information about lung-volume-reduction surgery, you can call 1-800-851-9479 and arrange for information to be mailed. It would be necessary to review your mother's chest x-rays, medical history, and pulmonary function studies (breathing tests) before deciding whether the lung-reduction surgery would be appropriate."



"Your shoes need resoling."

Tuberculosis Concerns

Dear Dr. SerVaas:

My medical inquiry to you concerns tuberculosis. I am a 48-year-old white female and a member of the medical field for the past 17 years. This year, for the first time, I had a positive TB skin test (four of my coworkers tested positive also). A chest x-ray and three consecutive sputum tests were normal, and I was advised by the public health department to take preventive isoniazid (INH) therapy.

After many, many days of sheer hell on this medicine, I had a violent reaction. My problems with INH included extreme leg pain, joint pain, fatigue, nausea, appetite loss, chest pain, back pain, chills, fever, pain in feet and hands, and dizziness. I have also had gallbladder problems since taking INH.

A pulmonary specialist told me that, at my age, INH is sometimes not given; 80 percent of people who are exposed to TB may not become ill; some may become ill later in life.

What are your professional thoughts and views on this matter? Also, I read that tubercle bacilli can enter any organ. I have had a tonsillary cyst for about a year—could this be it, or am I being silly?

Judy Johnson
Oneonta, Alabama

Because you are in the medical profession, I am sure you know that the incidence of tuberculosis increased, to a large degree, because of the growing numbers of immunocompromised AIDS patients, some of whom didn't respond to standard anti-TB therapy. Unfortunately, the spread of AIDS will probably continue to result in new TB cases.

If there were any medications that you could take other

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than INH to prevent your developing TB, I'm sure Dr. Herbert E. Cushing could tell you. He teaches at the Indiana University School of Medicine and is an expert in tuberculosis therapy. He answers you as follows:

"Your letter raises a number of important points about tuberculosis (TB). TB is an illness caused by infection with a bacterium, *Mycobacterium tuberculosis*. A person can be infected by inhaling the bacteria into the lungs. Most people (about 90 percent) thus infected will never become ill, but some will develop TB. The most likely time for someone to become ill is in the first two years after becoming infected, but it is possible for TB to develop at any time in a person's life. When the bacteria are present in the body but not causing illness, they are not multiplying and are in a latent phase. The immune system is responsible for keeping them from multiplying. Many factors can result in the immune system weakening just enough to allow bacteria to multiply. Dramatic examples of this are malnutrition, alcoholism, or AIDS, but sometimes simple aging is sufficient.

"Diagnosis of TB usually relies on demonstrating the bacteria in sputum. X-rays may also help in diagnosis. Diagnosis when the bacteria are latent in the body can be difficult. The tuberculin skin test (PPD, or TB skin test) is used for this purpose.

"Treatment of TB requires taking several medications for an extended period of time. When the bacteria are latent in the body, one medication, isoniazid (INH), can be taken. INH will prevent TB in most individuals with latent infection who are able to take a full course of treatment. Unfortunately, INH has toxicities, and some people are not able to take a full treatment course. When a doctor recommends that someone take INH, the risk of toxicity of the medication is weighed against the benefits of preventing TB. Because this risk-benefit ratio varies from person to person, the decision to prescribe INH is made on an individual basis.

"You should discuss your health concerns with your doctor. Do not be afraid that you'll be thought of as silly. TB control is an important public health concern. The number of new cases of TB in the United States is once again decreasing. This is because of renewed emphasis on finding TB cases and seeing that everybody takes a complete course of treatment." ▲

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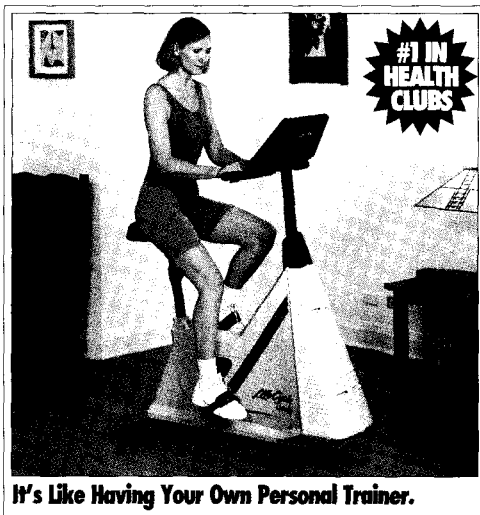

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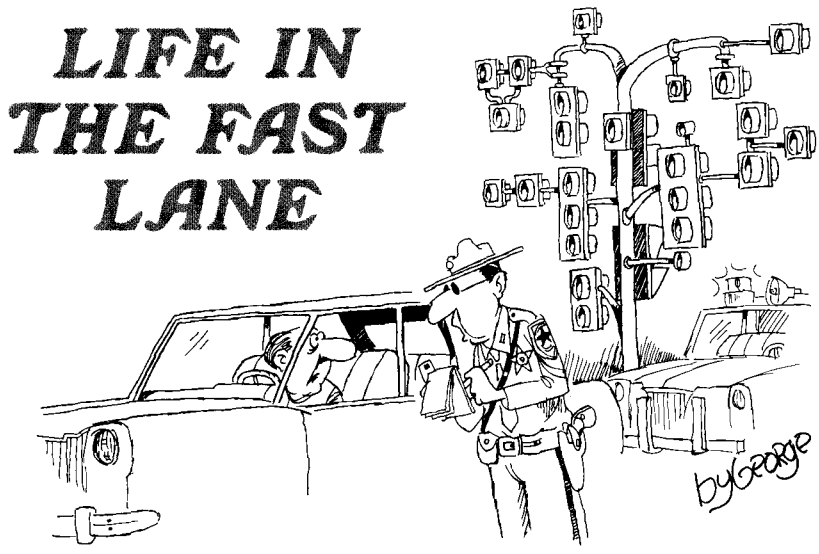
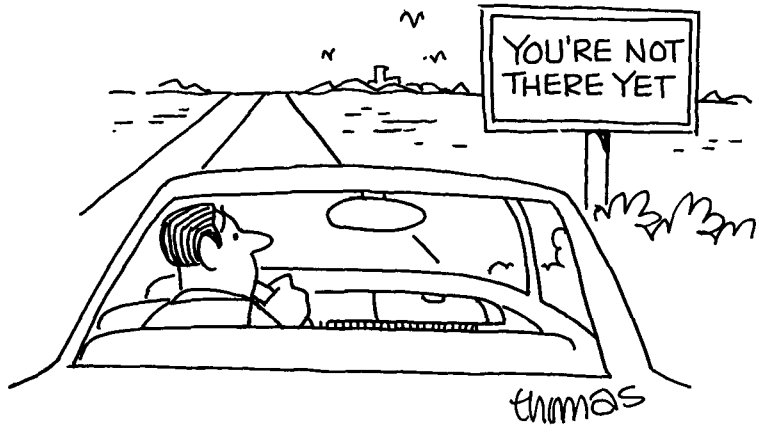
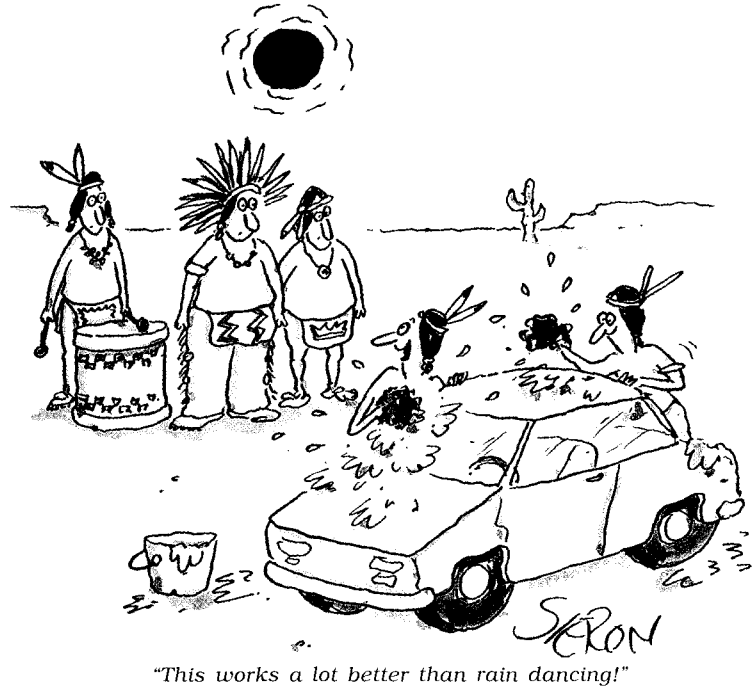


"Are you aware that you just ran a red light?"





"This works a lot better than rain dancing!"

Attitude Is Everything

continued from page 86

time it was still the company's largest-selling product. This was a perfect example of what a motivated sales force can accomplish.

Three Sales Essentials

What makes the difference between a good sales force and an outstanding one? In my experience, three things. *First*, outstanding sales representatives must see themselves as important persons. Selling is a tough job that requires a lot of self-confidence. *Second*, they must view their job as important. *Third*, they must feel good about their company and its products and most especially about their manager, who for most of them *is* the company. They must perceive that the company is solidly behind them and supports them in every way. If so, they will radiate what I choose to call "infectious enthusiasm." This makes people want to do business with them, and they will be seen as being different from most of their competitors.

Most of all, enthusiasm for the job, the product, the company, or the mission makes the decisive difference. Henry Ford said, "You can do anything if you have enthusiasm. It is the yeast that makes your hope rise to the stars. It is the sparkle in your eye, the wing in your gait, the grip in your hand, the irresistible surge of your will, and the energy to execute ideas. Enthusiasm is at the bottom of all progress. With it, there is accomplishment; without it, there are only alibis."

Enjoy the Trip

There is one other point that merits pondering. Often we take ourselves too seriously. We get so engrossed in our jobs that our energy is consumed, leaving little time for anyone or anything else. The Bible says it does not profit a man to gain the whole world and lose his own soul. There is no comfort in achieving career success and losing one's family and other things one deems truly important. As my boss used to say, "Take time to smell the roses."

Life is a journey, not a destination. It would be terrible to arrive at the final goal without enjoying the trip. I firmly believe that you can't do anything very well for very long unless you are having at least a little fun along the way.

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Where Do You Think You Are?

(answers from page 80)

(Theme: Greek names)

1. Delphi, IN
2. Arcadia, MO
3. Athens, IL
4. Eros, LA
5. Solon, ME
6. Eureka, NV
7. Midas, NV
8. Mt. Olympus, IN
9. Aurora, OR

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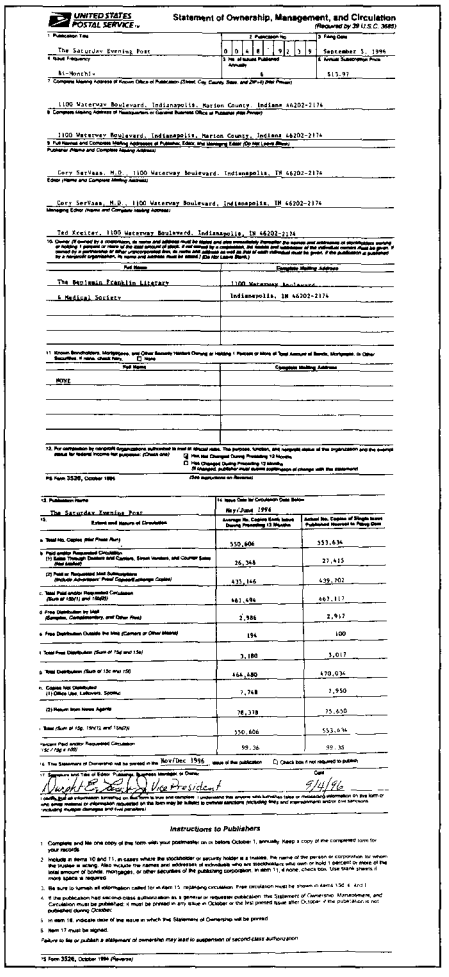

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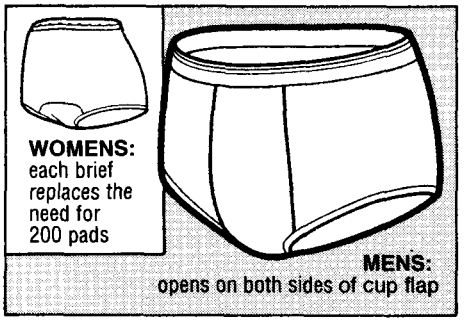

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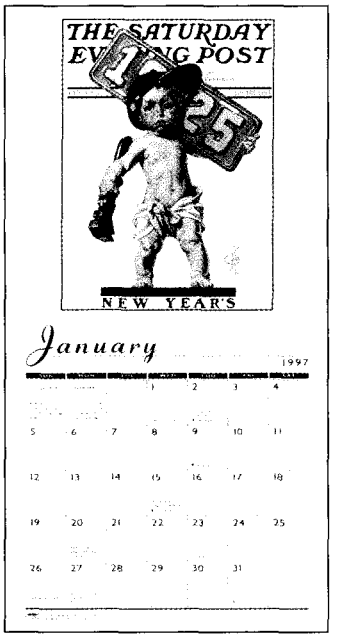

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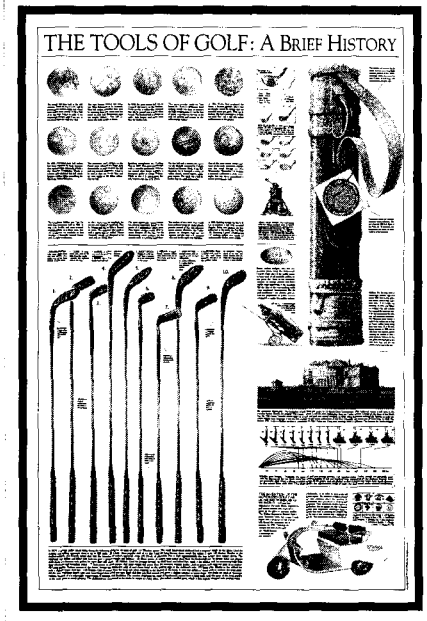

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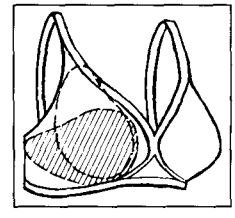

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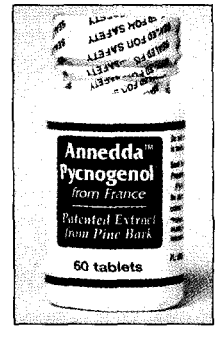

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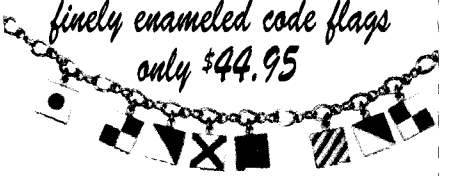

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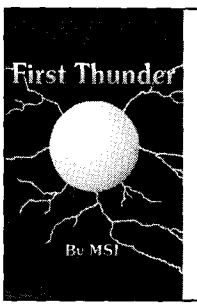

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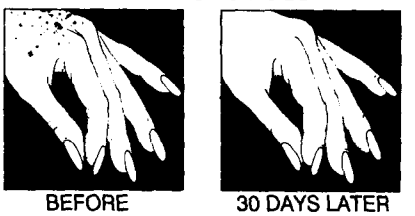

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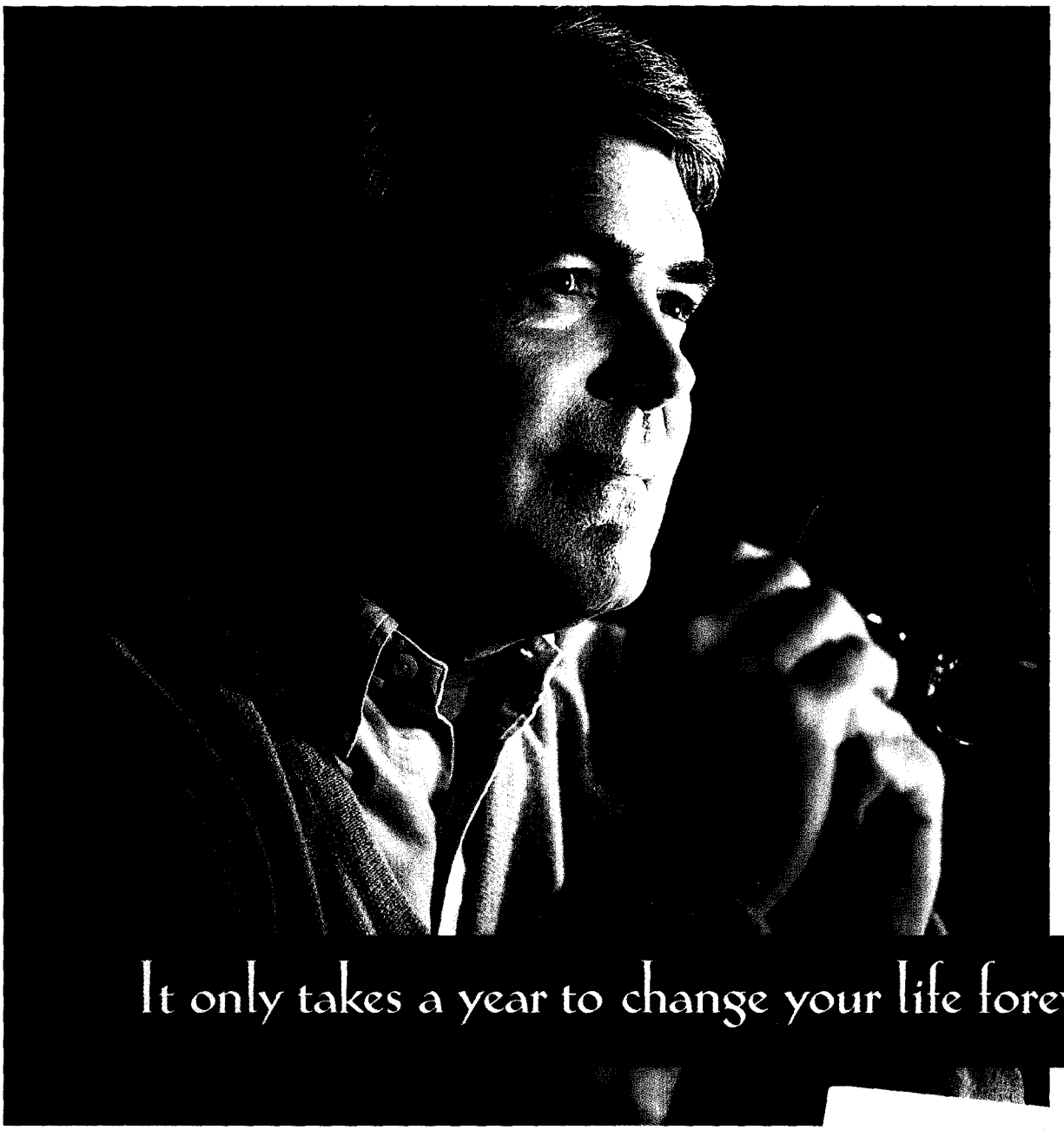

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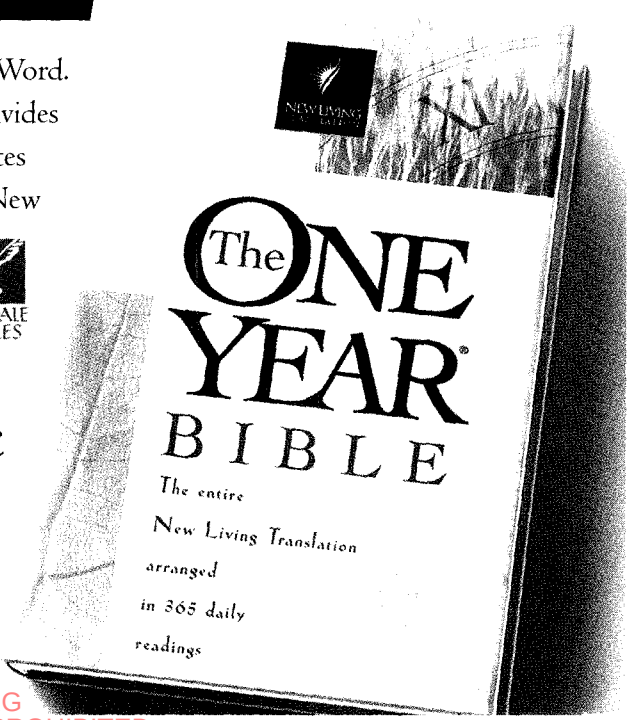

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